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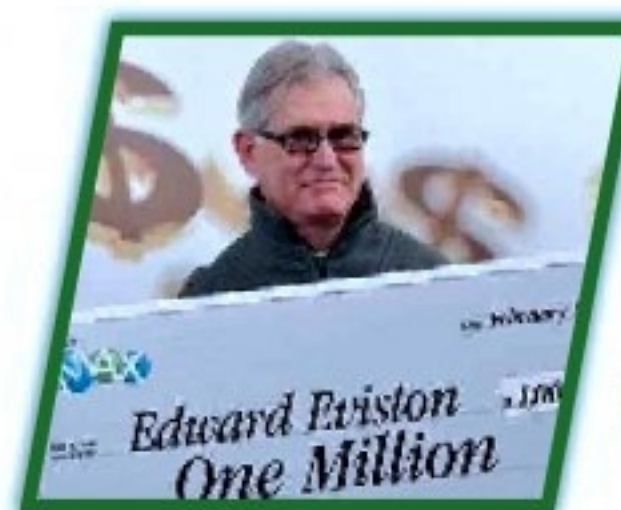
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**WHY CANADIANS
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FEES metroNEWS**

talk
about **fresh
solutions**

save on foods

Check out this week's Fresh Solution,
Mexican Chicken, Potato and Kale Bake,
on pages 4 and 5.

Feeling inspired? Pop into a local Save-On-Foods store to pick up the ingredients in one easy stop.

Vancouver metro

**HAPPY FATHER'S DAY! Movie reviews
with Dad metroLIFE**

**MAKE YOUR
OWN MARTIAN
SOIL**

SCIENCE SAYS



Your essential daily news | WEEKEND, JUNE 17-19, 2016

High 19°C/Low 12°C Sun and cloud



Mayor Gregor Robertson, PM Justin Trudeau and Premier Christy Clark wave to a worker at the Sky Train Operations and Maintenance Centre.

MONEY TRAIN

Feds, province promise big bucks for transit
metroNEWS

How to treat trans folk: A police guide

The Vancouver Police Department has issued a new policy for interacting with transgender people after it was rebuked by the B.C. Human Rights Tribunal over its treatment of a trans woman.

The department says the policy was created with respectful criteria for the identification of trans people, and its officers will receive training around the new procedures.

The changes come after the tribunal awarded Angela Dawson \$15,000 for injuries to her dignity and self-respect after officers referred to her by her legal name, Jeffrey, and a male pronoun and refused to allow her post-surgery care while she spent a night in jail.

A 17-minute video entitled Walk With Me, outlining the difficulties many trans people go through in daily life, was developed by the department and will be shown to all VPD employees.

The department says the policy has been endorsed by both the Trans Alliance Society Board and the City of Vancouver's LGBTQ2 Advisory Committee.

The department's director of planning, research and audit, Drazen Manojlovic, says the policy strikes a balance between officers' legal responsibilities to verify identities, while being respectful of a trans person's right to be referred to by the name and gender they have chosen. THE CANADIAN PRESS

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Housing prices exploded after 2010 Winter Olympic games

REAL ESTATE

Market map of homes under \$1M shows 10-year uptick



David P. Ball
Metro | Vancouver

Most Vancouverites are likely aware that a single-family house for less than \$1 million is about as scarce as a unicorn.

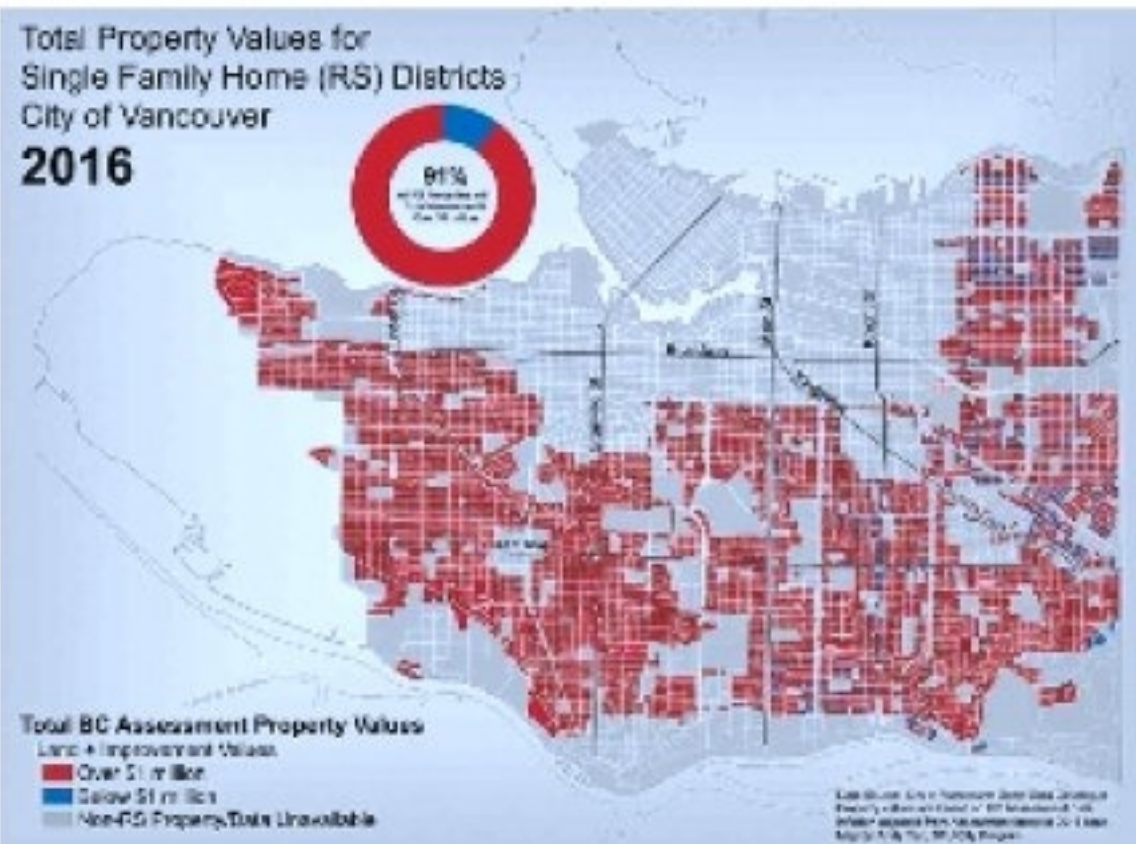
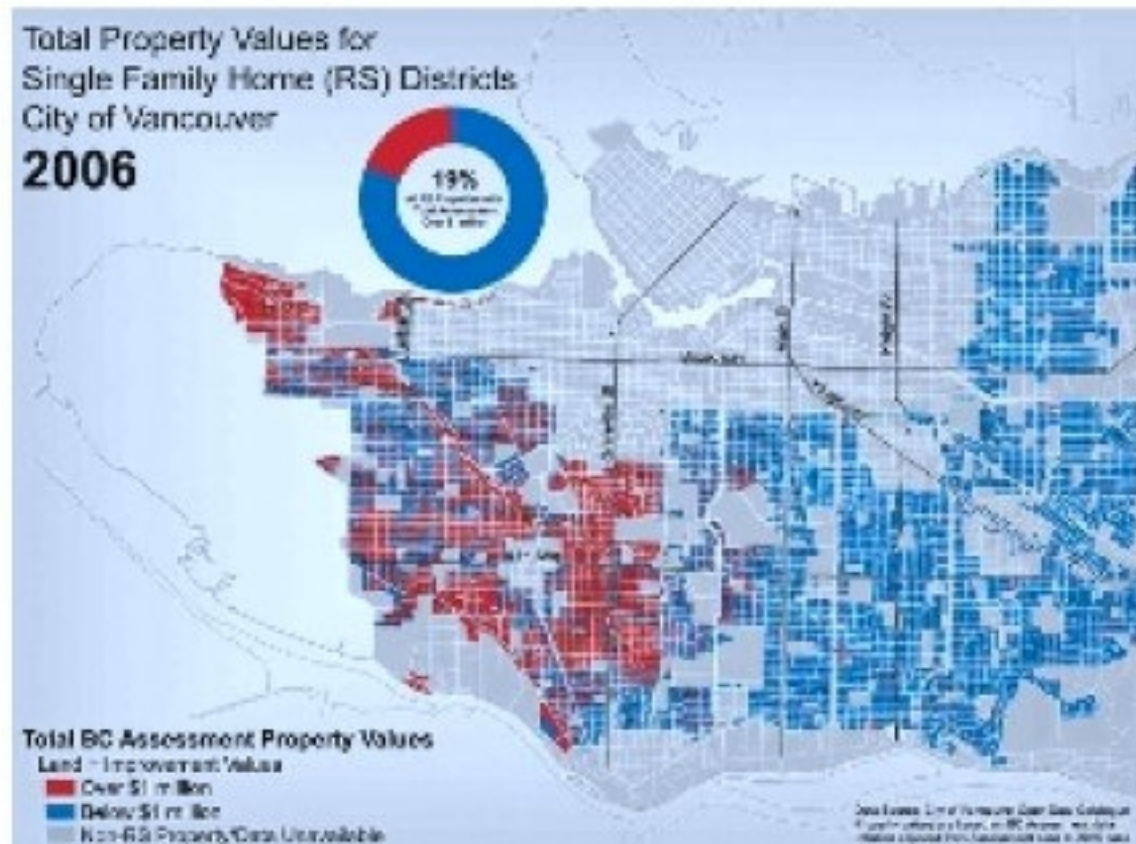
But newly released maps reveal that, over the past decade, such houses have in fact become practically extinct even when you adjust for inflation.

And according to Andy Yan — planner and Acting Director of Simon Fraser University's City Program — things turn a major turn for the worse shortly after Vancouver hosted the Winter Olympics in 2010.

Since that time, what's seen as a traditional price divide between relatively affordable East Vancouver and the more upscale West Side has been blurred.

"It's gone, it's utterly disappeared," Yan told Metro, "and at a very particular time."

In 2006, 19 per cent of all single-family homes were valued over \$1 million (adjusted for inflation to 2015 values). The city's East-West divide, which Yan dubbed the "\$1 Million Line" just



Two maps created by SFU City Program's Andy Yan showing the number of single-family houses in Vancouver worth more than a million dollars (red) in Vancouver in 2006 and then again in 2016. COURTESY ANDY YAN/SFU CITY PROGRAM

west of Main Street, was obvious.

In 2010, that had doubled to 40 per cent of the city's houses, then nearly tripled by 2012 to 55 per cent. As of this year, 91 per cent of houses in the city cost more than \$1 million.

"Those are pretty big changes," he said, "in a really short amount of time."

Although Yan and others have previously mapped real estate values in the city, the new maps follow the trend over time. The biggest take-away for him is that Vancouver hasn't always been

this way, despite some people's argument that the city's prices are high because it's a highly desirable location.

"Vancouver homes have not always been over \$1 million, even once you include inflation," he said. "The idea of a \$1-million single family home is a new phenomenon that happened at a particular time over the few years after the Olympics. Prices suddenly increased."

But Yan hesitated to attribute the price explosion to a single cause, whether the Olympics or

a foreign investment rush or domestic fiscal or real estate factors.

"It's not like a whodunit," he quipped. "There's no Col. Mustard with a candle stick in the library."

"It's rather a story about many factors that come into determine real estate values. Limited supply plus low interest rates plus global capital plus speculators and a lot of other factors all probably culminated in this effect."

Economist Tom Davidoff, at the University of British Columbia's Sauder School of Business, agreed there's no single cause.

But it's in his view a mix of local and offshore factors.

"My view is China's been a driving force feeding the local frenzy," he said. "You've got money coming in from China and eventually the rest of world, and it's feeding the behaviour of locals that looks like boom-bust."

Davidoff said action might come sooner rather than later, if the situation reaches a tipping point where the economy is at risk.

Despite several banks pulling back on the reins slightly

this month, suggesting reduced confidence in Vancouver's real estate market, a bubble-burst collapse remains possible but unlikely, he said.

"If Vancouver becomes more unaffordable, that's a local disaster," Davidoff said. "But if prices crash, that's a macro issue."

"If the government fails to act on the surge in foreign demand and the flipping and the dodgy mortgages, that just makes the risk of a crash worse, because the escalation of prices makes a crash likelier."

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VANCOUVERING



Kristy Wright Schell, founder and owner of Just Add Water Yoga, which operates Stand Up Paddle Vancouver, practices yoga on her stand-up paddleboard in English Bay. COURTESY KRISTY WRIGHT SCHELL

Paddleboard yoga floats on in the city

Sport that started five years ago still making a splash with yogis



WATER FITNESS



When Kristy Wright Schell started teaching stand-up paddleboard yoga in 2011, she wondered if the fitness fad would float with yogis.

The founder and owner of Just Add Water Yoga, which operates Stand Up Paddle Vancouver, said stand-up paddleboard had only just started

gaining in popularity and some wondered if adding yoga would just be a passing trend.

"The first two years, it definitely was a big question mark for people," she told Metro. "They didn't even really know what stand-up paddleboard was."

Now five years later, Wright Schell said the sport, also known as "SUP yoga," has made a big splash in Vancouver, with the number of people signing up for lessons at her company doubling each year.

Stand-up paddleboard, which originated in Hawaii, involves paddlers standing upright on a board that is similar to a surfboard, and using a long paddle to manoeuvre through the water.

The origins of how yoga was added to the sport are murky, but Wright Schell said the size and shape of the board likely played a role.

"I think a lot of us yogis looked at the stand-up paddleboard and thought, 'that kind of looks like a big yoga mat — I bet I could do a few moves on it,'" she said with a laugh.

While people of any skill level can try SUP yoga, Wright Schell said seasoned yogis are especially drawn to the sport.

The unstable surface of the paddleboard challenges their core strength and balance muscles, also known as "fast-twitch muscles," and allows yogis to reach a new level in their practice, she said.

"One of the most common things we hear when someone first stands up is, 'I feel like my legs are shaking,'" she said.

"It's actually just awakening your muscle. It's really great for your overall body workout."

No matter how experienced someone becomes at SUP yoga, Wright Schell said the sport continues to challenge practitioners.

"We often say, 'the ocean will humble any experience,'" she said.

"Just when you think you've got it, a wave will come through and it will challenge you at another level."

In Vancouver, the "yoga capital of Canada," it makes sense that the SUP yoga has taken off, she said.

In her first year, only about 20 people took lessons, which range from one to three hours, said Wright Schell.

Now, the company sees about 400 people each year during paddling season, which lasts from May to October.

Asked if she still wonders if SUP yoga is a passing trend, Wright Schell was quick to dispel that idea.

"I most certainly think it's here to stay," she said.

“Just when you think you’ve got it, a wave will come through and it will challenge you at another level.”

Kristy Wright Schell



with icons by Danielle Vallée from the noun project

FOOD NOTES

SATISFYING SALAD

Food-forward 33 acres



Erin Ireland
Metro | Vancouver

In the Vancouver restaurant world, you'll be hard-pressed to come across a salad that's filling, a 10-out-of-10 flavour-wise and below \$17.

Head to this unassuming Mount Pleasant craft brewery, however, and you'll not only find a summery lunch that ticks all these boxes, you'll be able to order a pint of good, cold beer — made on the premises — to wash it all down, too.

Three years ago, family-owned and run 33 Acres Brewing Co. was new to our city's craft beer scene with just two brews on tap (33 Acres of Life and Ocean) and a small snack menu. Flash forward and their repertoire now includes six core beer brands, 11 beers on tap, a cider and an expanded food menu.

Owner Josh Michnik's vision has, no doubt, been a huge factor in the company's success — "33 Acres isn't just a brewery. It's a hub for like-minded people that share the spirit of community: drink, food, creativity, conversation, space and ideas."

But back to the food. 33's edible offerings truly could hold their own against any respected food-forward restaurant in town.

Take the new Watermelon + Mint Quinoa Salad (\$12), for example. The ingredients are crave-worthy and the end result truly is as delicious as it

looks. Generous wedges of avocado are a dish highlight, brightened with citrus and salt. I couldn't imagine my homemade avocado salads tasting the same with just a squeeze of lemon and salt, though.

Chef Patrick's flavours are intense — he has a magic touch.

A decent portion of plain quinoa, hidden beneath some well-dressed peppery arugula and watermelon cubes, adds heartiness to Patrick's creation which he tosses in a unique, super-simple juniper mint vinaigrette. Cucumbers, radish, toasted pumpkin seeds and feta (which is removable if you're dairy-free) round out this perfect lunch dish which Patrick says you won't need a twenty-minute nap after.

"It's a balanced, healthy meal that will give you the fuel needed to enjoy a few more beers without weighing you down," he says.

The newest of 33's food offerings (available all day long) is a super-fresh Baja Bowl with rice, beans, avocado, cheese, salsa and yogurt dressing.

This beloved Mount Pleasant brewery will celebrate their third birthday on July 27th from 3:33pm onwards — come one, come all! Josh is planning something special for guests and will also be releasing their first barrel aged product.

33 Acres is open 9-11 Monday to Friday and 10-11 Saturdays and Sundays with weekend brunch (also very worthy) on from 10-2 p.m.



33 Acres Brewing Co.'s minty watermelon quinoa salad is the perfect summer lunch. ERIN IRELAND/METRO

talk about fresh solutions

Mexican Chicken, Potato and Kale Bake



Prep Time: 25 minutes | Cook Time: 55 minutes | Makes 8 Servings

Ingredients

- ½ cup (125 mL) canola oil, divided
- 1 pound (450g) Maple Leaf Prime chicken breast, slice lengthwise
- 1 onion, sliced
- 4 cloves garlic, minced
- 1-½ tsp (7 mL) ground cumin
- ½ tsp (3 mL) ground coriander
- 2 pieces canned Casa Fiesta Chipotle Peppers, finely chopped
- 2 tbsp (30 mL) tomato paste
- 1 can (796 mL) Western Family Crushed Tomatoes
- 1 tsp (5 mL) kosher salt
- 3 large russet potatoes, peeled and thinly sliced
- 2 - 142 gram packages Western Family Organics baby kale salad
- 1 cup (250 mL) chicken broth
- 1 can (398 mL) Western Family Re-fried Beans
- 1 cup (250 mL) Asiago cheese, shredded
- 1 cup (250 mL) Mozzarella cheese, shredded
- ½ cup (125 mL) sour cream
- 1 avocado, sliced
- ½ bunch of fresh cilantro, chopped

Directions

1. Preheat oven to 375°F (190°C).
2. In a large skillet, over med/high heat, add ¼ cup of canola oil. Season chicken with salt and pepper. Cook the sliced chicken in batches and set aside.
3. Heat a large saucepot over medium heat and add remaining canola oil. Add the onions and garlic and cook for 5 minutes. Add cumin, coriander and chipotle peppers and cook for 30 seconds. Then, add tomato paste, crushed tomatoes and salt. Bring the sauce to a boil and simmer for 15 minutes.
4. While the sauce is simmering steam the potatoes and kale. To do this, add chicken broth to a large pot over medium heat. Then add potatoes and cover with a lid. Cook for about 7 minutes until almost cooked through. Season with salt to taste and remove from the pot. Add kale to the pot. Cover and cook until wilted, about 7 minutes.
5. To assemble, spread a thin layer of tomato sauce to cover the bottom of an 11x8 inch casserole dish. Place half of the potatoes down, then half of the refried beans, half of cooked chicken and cover with half of the wilted kale. Top with half of the remaining tomato sauce and half of the Mozzarella and Asiago cheese. Repeat with remaining potatoes, refried beans, chicken, kale, tomato sauce, Mozzarella and Asiago cheese. Cover tightly with foil.
6. Bake until bubbly and heated through, about 40 minutes. Remove the foil and bake for another 15 minutes, until the top layer of cheese is lightly browned.
7. Serve garnished with sour cream, avocado and cilantro.

Tip: To save time, make the casserole the night before and pop it into the oven for dinner the next day. The casserole also freezes well and can be reheated once thawed.

save on foods

VANCOUVERING



with icons by Danielle Vallée from the noun project

Craft honey and beekeeping scene buzzing in the city



Amy Logan
For Metro | Vancouver

HYPER-LOCAL URBAN HONEY

"You might notice this one is a bit sharp," Tony Lovse, Chief Honey Officer and owner of the Main Street Honey Shoppe honeybee centre.com, pointed out during a recent honey tasting at the

store. He was describing the almost tangy flavour of dandelion honey, one of many local varieties on offer.

From a sweet blueberry blossom honey to a richly dense buckwheat variety, each honey has a flavour entirely distinct to its source. And it is this uniqueness of taste, like the terroir of

wine, that seems to be spurring on Vancouverites' desire for hyper-local, urban honey.

Lovse is particularly interested in the health benefits of honey and bee products, describing the hive as "nature's medicine chest" and honey as a carrier for nutrients. The latest venture of the Honeybee Centre, a honey

farm, store, and learning centre based in North Cloverdale with 1,500 bee colonies, the Honey Shoppe draws foodies and the health conscious alike.

Urban honey is so popular that the local Fraser Valley honey sold at the store was "not local enough" for some Vancouver customers, said Lovse. So last

summer, the Honeybee Centre brought some of their bees to the city, producing the delicate tasting Vancouver wildflower honey.

The City of Vancouver's vancouver.ca active encouragement of urban beekeeping as part of their Greenest City goals also seems to be contributing to the rising interest in local honey.

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The jaw-dropping view from Panorama Ridge in Garibaldi Provincial Park. GRAEME MCRANOR/FOR METRO

Hike lives up to name



Graeme McRanor
For Metro

Hiking, for me, is all about the visual payoff. Sure, there's exercise, fresh air and wildlife, but there's nothing like summiting a mountain and being treated to an unparalleled view of this awesome province.

Enter Panorama Ridge. Located in Garibaldi Provincial Park, this is, on the vista index, one of the finest hikes within striking distance of Vancouver.

It ain't easy, but the jaw-dropping scene at the top is well worth the effort.

Starting in the Rubble Creek parking lot, the trail up to gorgeous Lake Garibaldi starts with a series of steep switchbacks. At the six-kilometre mark, there's a junction and you can go to Panorama Ridge via Taylor Meadows, or continue on to Lake Garibaldi for a dip (yes, it's cold) before pushing on to the ridge. If you're into backcountry camping, the lake's a great spot to split the hike over two days (note: as of June 22, 2016, reservations are required for Lake Garibaldi and Taylor Meadows campgrounds

from June 29 - September 30). From the lake, it's another six kilometres of switchbacks, flat-tish meadows and a final thigh-burning push up and over rocky terrain. (There might be some snow, too, depending on when you go. And the trail isn't marked as clearly here, though the worn rocks from other hikers help guide the way.)

By now, you're tired, sweaty and possibly questioning your life choices. But then you spot the emerald waters of Lake Garibaldi far below. Suddenly, you feel alive. So you eat lunch, snap some shots and revel at the awe-inspiring surroundings. Life is glorious. Then you remember you've still got to hike down.

TRAIL DEETS

Difficulty: Difficult
Time: 8-11 hours return
distance: 30 km return
Elevation Gain: 1520 Metres over 15 km

HOW TO GET THERE:

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HUDSON'S BAY

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Trudeau's money train pulls in

FUNDING

Prime Minister strikes deal for initial \$934M transport boost

Matt Kieltyka
Metro | Vancouver

The federal money train made its first stop in Metro Vancouver on Thursday.

Prime Minister Justin Trudeau and British Columbia Premier Christy Clark have struck a deal that will see \$934 million — \$616 million in Metro Vancouver alone — spent on public transit projects across the province.

The agreement marks the first official injection of promised federal infrastructure cash from Trudeau's newly elected government and will pay for the first two or three years of the 10-year, \$7.5 billion dollar transit plan envisioned by the regions' mayors.

Nearly \$160 million of that will go towards design and



Prime Minister Justin Trudeau and B.C. Premier Christy Clark are seen at a sky train garage in Burnaby Thursday. THE CANADIAN PRESS/JONATHAN HAYWARD

pre-construction work for the proposed Broadway subway in Vancouver and light rapid transit lines in Surrey and south of the Fraser.

The rest will be spent on fleet expansions — including a new SeaBus — and transit

hub upgrades.

"I certainly know directly from living all those years in B.C. how important it is to make investments that are going to get people from home to work, to back home again," said Trudeau, a former teacher

at Vancouver's West Point Grey Academy.

"We have now completed negotiations on an agreement with the province to provide federal funding to support public transit. I'm proud that the very first such agreement we've



This is going to make sure people don't spend all those extra hours on the road when they could be with their kids, with the people they love. Prime Minister Justin Trudeau

signed is right here in British Columbia."

Clark emphasized how critical transit is in a region that currently leads the country in economic and job growth.

"We need people, but it also means when people come we need to have the infrastructure there to get around if we want to make sure this place remains livable," said Clark.

"This announcement today is going to make sure people don't spend all those extra hours on the road when they could be spending that time with their kids, with the people that they love, rather than being stuck in traffic. If you're living on the North Shore, that SeaBus will make a huge difference."

TransLink is chipping in a further \$125 million to effectively fund Phase 1 of the mayors' plan.

Vancouver Mayor Gregor Robertson welcomed the cash infusion, but warned the work is far from over.

Funding for the real big-ticket items in Phase 2 — like the Broadway and South of the Fraser lines, along with a Pattullo Bridge replacement — has yet to be secured.

"We see [the new funding] as a really critical step to getting to Phase 2," said Robertson. "I'm hopeful there will be less wrangling because we now have a path forward. The mayors don't want this to be piecemeal. We don't want to break [the plan] up and pick and choose projects."

If the region, province and federal governments can hash out the funding for the rest of the plan, shovels can be in the ground on the major projects within 18 months, Robertson said.

2015 highlights



5.7
million litres of water
saved by CMBC during
summer water shortage

238.8 million
journeys across the network,
an increase of 1.8%



320
million in
cost savings
since 2012



3.2%
increase in
transit revenue



TransLink
named one
of BC's Top
Employers

1,672,652

calls, online
forms and emails
responded to
by a Customer
Information
or Customer
Relations agent



\$279.6
million on major
capital projects



77 million taps
across the system

2015 TransLink Annual General Meeting and Open Board Meeting

Join us at our **Annual General Meeting** as we review 2015 highlights and open the floor to questions.

Our June **Board Meeting** will follow after a brief break:

Thursday, June 23, 2016

Annual General Meeting

9:00 a.m.

Open Board Meeting

10:00 a.m.

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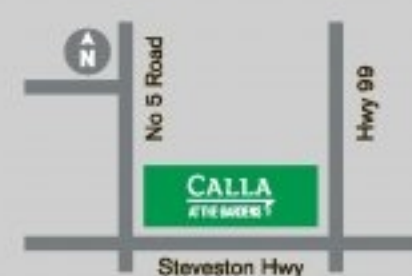
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Marijuana growing at a commercial grow-op in the Lower Mainland. The city of Vancouver filed injunctions against 17 medical marijuana dispensaries on May 31. JENNIFER GAUTHIER/METRO FILE

New injunctions set to roll on pot shops

BYLAWS

Marijuana advocates rail against 'waste of tax dollars'



Wanyee Li
Metro | Vancouver

Three of the 17 medical marijuana dispensaries named in injunction applications filed by the City of Vancouver last month have voluntarily closed down and more injunctions are coming by the end of the month, according to councillor Kerry Jang.

He called it a small victory in the fight to regulate pot shops in the city.

"We are slowly but surely getting compliance," he said.

The city has handed out 351 tickets to the 52 locations that remain open past the city's closure deadline of April 29.

Only 51 tickets, each worth \$250, have been paid, according to Jang.

But those unpaid tickets will actually hurt the storeowners who are not paying up because the city is using those records to decide who will be named in the next round of injunctions, which will include 10 locations, said Jang.

"Part of the evidence of court is how many tickets we give out and how many times they refuse to pay it."

Pot advocate Jodie Emery said she received a 21-day injunction notice from the provincial courts on June 9 to shut down a Cannabis Culture franchise (512 Beatty St.).

"I think that it is appalling that the City of Vancouver is wasting tax dollars enforcing



We are slowly but surely getting compliance.

Kerry Jang

bylaws against dispensaries when the public clearly supports dispensaries," said Emery.

But the city is not aiming to get rid of all marijuana dispensaries — only the ones that do not play by the rules, said Jang.

"It's about ensuring we have adequate access for people who need medical marijuana but at the same time hitting our public policy goals of keeping it (away from) children and minors."

The city approved the first and only business licence, so far, for a medical marijuana dispensary in May.



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Sochi Pride shows fight for equality

LGBT

Filmmaker says movie is especially relevant now



Matt Kieltyka
Metro | Vancouver

A Vancouver filmmaker who chronicled gay rights issues around the 2014 Winter Olympics in Sochi says those rights are more relevant than ever in the wake of the Orlando shooting.

Jordan Wade and Sonya Reznitsky's documentary, *Sochi Pride*, premieres Saturday at the My True Colors Festival in New York.

The film explores the fight for LGBTQ rights in Russia at

the time and follows openly gay Vancouver Coun. Tim Stevenson and Vancouver Olympic executive Maureen Douglas (who set up the first Pride House during the 2010 Games) as they travel to Sochi and force a meeting with the International Olympic Committee, which shortly after amended its charter to include sexual orientation in its non-discrimination policy.

Wade told Metro that Steven-

son — as the founder of Gay UBC, the city's first openly gay councilor and Canada's first ordained gay minister — was "the perfect person at the perfect place" to push LGBTQ rights at the Olympics.

"He has been making huge strides for LGBTQ rights his whole life," said Wade. "This was the next step, going international. I was blessed to have been there to document it."



Vancouver Coun. Tim Stevenson, filmmaker Jordan Wade and former VANOC official Maureen Douglas in Sochi, Russia during the 2014 Winter Olympics. JORDAN WADE/CONTRIBUTED

CANADA BORDER SERVICES AGENCY

Men filmed for TV show want apology



David P. Ball
Metro | Vancouver

The lawyer for several men deported from Canada three years ago after their workplace arrests were filmed for reality television says it's time for the show's creators to apologize — and be held accountable.

Last week, the federal Privacy Commissioner issued a scathing ruling against Canada Border Services Agency. He ruled that the consent form filmmakers had the undocumented workers sign after their arrest was "coercive" and not "valid consent."

And although CBSA ended its part in the show, lawyer Zool Suleman wants to know what, if any, repercussions will be for Force Four Entertainment, the film company behind the idea of *Border Security: Canada's Front Line*.

"We have a private company with three seasons of *Border Security* shows they're marketing," he told Metro, "yet these shows gathered images in breach of privacy laws."

"What is Force Four going to do to apologize, or give redress to the individuals on that construction site — but also to everybody who has been on those shows — who didn't understand what consent they

gave?"

A spokeswoman for Force Four's parent company, Entertainment One Television, told Metro that the show creator is "currently reviewing" the Privacy Commissioner's ruling.

"Since the inception of the television series," said Jessica Gold in an emailed statement, "we have been vigilant in ensuring that we not only comply with all applicable legal duties and obligations, but that we also uphold the highest moral and ethical standards in relation to the travelling public and the CBSA officers who have participated in the production of the 65 episodes of the series to date."

With the show's planned fourth season scrapped after CBSA pulled out, Gold added that "we are no longer in production on the series," but that Force Four "continues to be very proud of *Border Security: Canada's Front Line*."

Suleman said he's talking to some of the deported men about continuing to pursue redress for their ordeal three years ago.



I didn't want to be filmed or on TV.

Renan Aviles Hernandez, filmed for *Border Security*

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IN BRIEF

New energy plant for SFU

Simon Fraser University has reached an agreement with a utility company to build a \$21-million new energy plant that will decrease the Burnaby campus' green house gas emissions by 69 per cent.

The Central Energy Plant (CEP) will run on biomass fuel made up of wood waste, such as wood chips, shavings, and wood

from demolition sites. Construction is slated to start in spring 2018 and finish the following year.

Construction and operation of the plant will be paid for by Corix, according to Chong. The project, which will service SFU's Burnaby campus and Burnaby Mountain, is awaiting approval from the B.C. Utilities Commission.

WANYEE LI/METRO

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Domestic workers decry raids

LIVE-IN CAREGIVER PROGRAM

Project Guardian has 'devastating' effects: Critics



David P. Ball
Metro | Vancouver

International Domestic Workers Day, marked worldwide on Thursday, was supposed to be an occasion to celebrate the United Nations' landmark adoption five years ago of labour standards for one of the most vulnerable workforces.

But according to live-in caregivers and their supporters in the Vancouver area, there's little to celebrate in Canada. On Thursday evening, more than 60 domestic workers and their supporters rallied outside the offices of the Canada Border Services Agency.

"Unfortunately it's not a very happy day," Natalie Drolet, with the West Coast Domestic Workers Association, told Metro in a phone interview. "In B.C., we've been seeing caregivers who come



Former caregiver Hessed Torres speaks at a rally in Vancouver to mark International Domestic Workers Day on Thursday. JENNIFER GAUTHIER/METRO

to Canada being targeted by CBSA, whose officers show up at their homes unannounced and question them."

Speakers from several organizations behind the rally, including Drolet's association and Migrant B.C., criticized CBSA's Project

Guardian — a little-publicized initiative launched in early 2014 in the wake of reports the Live-In Caregiver Program was being abused by some employers.

The agency was not immediately available for comment on Thursday, but CBSA previously

told Metro it investigates tips and referrals to prevent "misuse" of the Live-In Caregiver Program, and that there's already a process by which domestic workers can switch employers once in the country — enforcement, the agency said, is taken only against

those deemed "inadmissible." Project Guardian is a "continuous part of our business," CBSA stated, of enforcing the Immigration and Refugee Protection Act.

"The policy is misguided and heavy-handed," Drolet countered. "In the 30 years of our organization, we've never before had workers come to our offices after having been arrested by CBSA. 'We've had 12 in the last year.'"

Most of those cases, she said, were women who had left employers who were "exploitative," for instance being "forced to work excessive hours, not being paid for overtime, being paid less than minimum wage.... Yet they have to go through an incredibly onerous process to change their employer."

She said being removed from Canada and losing the chance of becoming a permanent resident here after contributing to the economy is "devastating" for domestic workers.

"They've been taking care of Canadian children or family members, and this is how they're treated?" she asked. "It's time we value the important work these people are doing."

WITH FILES FROM MATT KIPTYKA/METRO

TRANS MOUNTAIN

Pushback on energy board's approval

A British Columbia First Nation has launched a court challenge to overturn the National Energy Board's (NEB) recommendation that the federal cabinet approve the Trans Mountain pipeline expansion.

The Squamish Nation, whose traditional territories span a large swath of B.C.'s south coast, filed an application for judicial review on Thursday in Vancouver's Federal Court of Appeal. It seeks to quash the NEB's decision and refer it back for reconsideration.

The nation asserted in the documents that the NEB had an obligation to determine whether the Canadian government discharged its duty to consult and, if necessary, accommodate the band.

"Ottawa needs to hear loud and clear that they can't just run roughshod over aboriginal rights and title. That era has come and gone," said Chief Ian Campbell in an interview.

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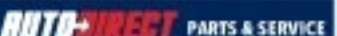
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Near-death clause lives

ASSISTED DYING BILL

MPs reject key change, vote to send bill back to the Senate

The House of Commons bounced the assisted dying bill back into the Senate's court Thursday, rejecting an amendment that would have allowed suffering Canadians who aren't near death to get medical help to end their lives.

Appointed senators must now decide whether to stick to their

guns or accept the will of the elected chamber, a choice some clearly find agonizing.

"I cannot in all good conscience simply vote down a bill that is better than having nothing at all," said Conservative Sen. Don Plett. Conservative Sen. Doug Black said the Senate did its best to improve the bill and must now defer to the will of the Commons.

But others were adamant that without the primary amendment — which would have deleted the bill's proviso that medical assistance in dying be available only to those whose natural death is "reasonably

foreseeable" — the bill doesn't comply with the charter of rights or with last year's landmark Supreme Court ruling, which struck down the ban on assisted dying.

The Senate scrapped the foreseeable death requirement during two weeks of lengthy debate in the upper house before passing the bill with seven amendments late Wednesday by a vote of 64-12, with one abstention.

Early Thursday, Health Minister Jane Philpott and Justice Minister Jody Wilson-Raybould announced that the government would accept the more minor amendments. THE CANADIAN PRESS

CALGARY

Man dies in clinic stabbing



Jeremy Simes
 For Metro | Calgary

The owner of a Calgary medical centre was slain during a daylight knife attack on Thursday in what police describe as a domestic altercation.

Shortly after 2:40 p.m., police, EMS and fire crews were called to the Perpetual Wellness Chinese Medicine Centre, located inside a mall at 1623 Centre Street North, finding one man dead and two other people with non-life threatening injuries.

One woman, who police said had been in a relationship with the clinic owner, was driven to hospital and the second person, who is the suspect, was treated on scene before being taken into custody.



A Calgary police officer stands outside the Perpetual Wellness Chinese Medical Centre. JEREMY SIMES/FOR METRO

The suspect had stayed behind after the slaying, police said, adding he was calm and co-operative when officers took him into custody.

Police said the assailant also had minor injuries, adding witnesses pointed him out when officers arrived.

Though police did not identify the medical centre owner, mall shopkeepers said his name was Dr. Tiejun Huang, which was also written on the exterior of the clinic.

Police said officers believe the incident was targeted, but can't speculate on the motive.

SYRIAN CRISIS

Dion accepts genocide label

Two days after the Liberals voted down a Conservative motion to accuse Daesh of genocide, Foreign Affairs Minister Stephane Dion acknowledged the group is engaged in precisely that against the Yazidis.

Dion said Thursday he accepts the findings of the report of an independent, UN-mandated commission which says Daesh has committed genocide against the ethnically Kurdish minority group. "We are taking the lead in asking the Security Council to be sure that they will prosecute the perpetrators of these atrocities and investigate



Yazidis released by Daesh. THE ASSOCIATED PRESS

in order to understand what is happening on the ground," Dion told the Commons.

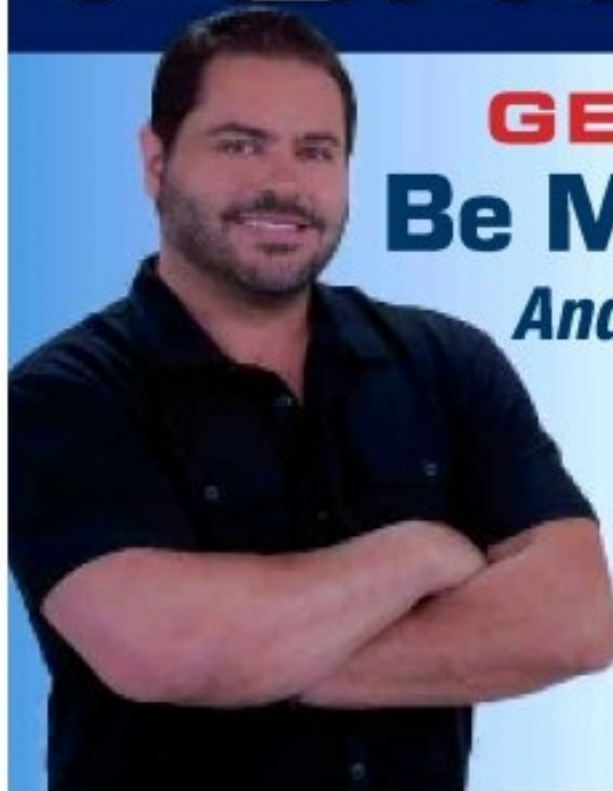
Conservative Jason Kenney, who has spent weeks urging the

government to put the genocide label on Daesh, says Dion is missing the larger picture by focusing only on the Yazidis.

In debating and then defeating the Tory genocide motion on Tuesday, the government said politicians should shy away from declarations of such magnitude. "Determinations of genocide need to be made in an objective, responsible way," Prime Minister Justin Trudeau said during the debate. "That is exactly what we have formally requested the international authorities weigh in on."

THE CANADIAN PRESS

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JOHN COOKSEY

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2nd Flip - profit \$8,000

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Obama gives his support

AFTERMATH

President calls for solidarity, but offers no real answers

U.S. President Barack Obama brought words of comfort but no easy answers on Thursday to grieving families in Orlando, striving to help the community heal even while investigators were still struggling to make sense of the carnage at a gay nightclub.

As Orlando prepared to bury its first victims from the mass shooting, Obama and Vice-President Joe Biden spent hours meeting privately with survivors of the attack, victims' relatives and police officers who responded to the scene on Sunday, when 49 people were killed. The low-key visit reflected the challenge for the president to find something meaningful to say about an attack that has stoked a wide mix of fears about terrorism, guns and violence against gays.

Obama's call for solidarity



President Barack Obama and Vice-President Joe Biden place flowers at a memorial in Orlando on Thursday in honour of people killed in the Pulse shooting. PABLO MARTINEZ MONSIVAIS / THE ASSOCIATED PRESS

and empathy stood in contrast to the roiling political debate in Washington and the campaign trail that has sprung up since the attack. Arizona Sen. John McCain, a Republican and frequent Obama critic, accused the president of being "directly responsible" for the shooting

"We can stop some tragedies. We can save some lives."

President Barack Obama

because, he said, Obama had allowed the growth of Daesh on his watch.

The gunman, Omar Mateen, had made calls during the attack saying he was a Daesh supporter. But CIA director John Brennan said Thursday that the agency has found no connection

+ A COLD HEART

Killer monitored impact

While his victims texted heartbreaking last words to loved ones from the blood-drenched bathrooms, Omar Mateen apparently went on Facebook to measure the shockwaves his attack on a gay nightclub was generating.

He searched for the terms "Pulse Orlando" and "Shooting," according to a letter released by a Senate committee.

THE ASSOCIATED PRESS

between the gunman and any foreign terrorist organization.

The White House had no immediate response to McCain's comments.

Investigators were working to reconstruct the movements of the 20-year-old shooter before he opened fire at the Pulse dance club, including what his wife may have known about the attack. THE ASSOCIATED PRESS

GRIEVING

Bigotry heightens mourning

As families prepare to bury the dead from Orlando's massacre, Rob Domenico describes an additional layer of grief lingering overhead.

It's a different type of sorrow - caused by shame, estrangement, and secrets hidden in closets.

The 49 victims of the U.S.'s worst mass shooting were mostly gay, and mostly from a Latino community whose older generation retains a more traditional hostility to homosexuality.

"Friends of mine have told me, 'I came out. My family's disowned me. I have nowhere to live,'" said Domenico, who sits on the board of a local LGBTQ centre.

"Imagine that. Now those families have that extreme guilt. Like, 'I turned my son away - and now he's gone.'"

His centre has been filled with mourners in recent days. They've described losing four, five, seven friends in the attack on the Pulse nightclub. But some can't talk about it with their family.

THE ASSOCIATED PRESS

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U.K. shocked after killing of lawmaker

PARLIAMENT

Attacker stabs, shoots pro-EU MP Jo Cox

A British lawmaker who campaigned for the country to stay in the European Union was killed Thursday by a gun- and knife-wielding attacker in her small-town constituency, a tragedy that brought the country's fierce, divisive referendum campaign to a shocked standstill.

Jo Cox, a 41-year-old Labour Party legislator who praised the contribution of immigrants to Britain and championed the cause of war-scarred Syrian refugees, was attacked outside a library in Birstall, northern England, after a regular meeting with constituents. Police would not speculate on the attacker's motive.

Witnesses described a man shooting Cox several times and appearing also to stab her as she



Jo Cox championed the cause of Syrian refugees in the U.K.

AFP/GETTY IMAGES

lay on the pavement. Police said they had arrested a 52-year-old man and were not looking for anyone else.

"Our working presumption ... is that this is a lone incident," said Dee Collins, acting chief constable of West Yorkshire Police.

British security officials said

the shooting didn't appear to be related to international terrorism, but domestic terrorism has not been ruled out.

Residents identified the suspect to the BBC and other media as Birstall resident Tommy Mair. Neighbours said Mair was a quiet man who did gardening jobs for



We have lost a great star.

British PM David Cameron

local people.

Violence against British politicians has been rare since Northern Ireland's late-1990s peace agreement, and figures from all parts of the political spectrum expressed deep shock.

Cox is the first serving member of Parliament to be killed in a quarter-century, and British politicians of all stripes expressed deep shock.

Both the Vote Leave and Britain Stronger in Europe campaigns suspended activity ahead of next week's vote over whether Britain should remain a part of the 28-member bloc. Prime Minister David Cameron cancelled a speech and rally in Gibraltar and flags on British government buildings were lowered to half-staff. THE ASSOCIATED PRESS

ALLIGATOR ATTACK

Disney conducting a 'thorough' review

It's an unwritten rule for Florida residents: Keep your kids away from ponds and lakes because alligators are everywhere.

But after a gator killed a 2-year-old Nebraska boy at a Walt Disney World resort, attention soon turned to tourists. In a state with an estimated 1 million alligators, how should theme parks and other attractions warn visitors, and did Disney do enough?

Disney beaches remained closed Thursday after the death of Lane Graves, and the company said it has decided to add alligator warning signs, which it previously did not have around park waters.

Jacquie Wahler, vice-president of Walt Disney World Resort, said in a statement that the resort was also "conducting a swift and thorough review of all of our processes and protocols."

Local law enforcement and state wildlife officials publicly praised the company for spotting and removing nuisance gators from park waters.

Disney's wildlife management system has ensured "that their guests are not unduly exposed to the wildlife in this area," Orange County Sheriff Jerry Dem-



Lane Graves

ORANGE COUNTY SHERIFF'S OFFICE

ings said during the search for the child.

Yet Kadie Whalen, who lives in Wynnewood, Pennsylvania, saw no evidence of that system when she visited Disney World with her family four years ago.

Whalen said her three young children and niece were playing on a resort beach at the water's edge with buckets and shovels provided by Disney workers when the beady eyes of a 7-foot gator appeared in a lake just a few feet away. She screamed and everyone scattered.

No one was hurt, but after her experience, this week's fatal alligator attack did not surprise her.

THE ASSOCIATED PRESS

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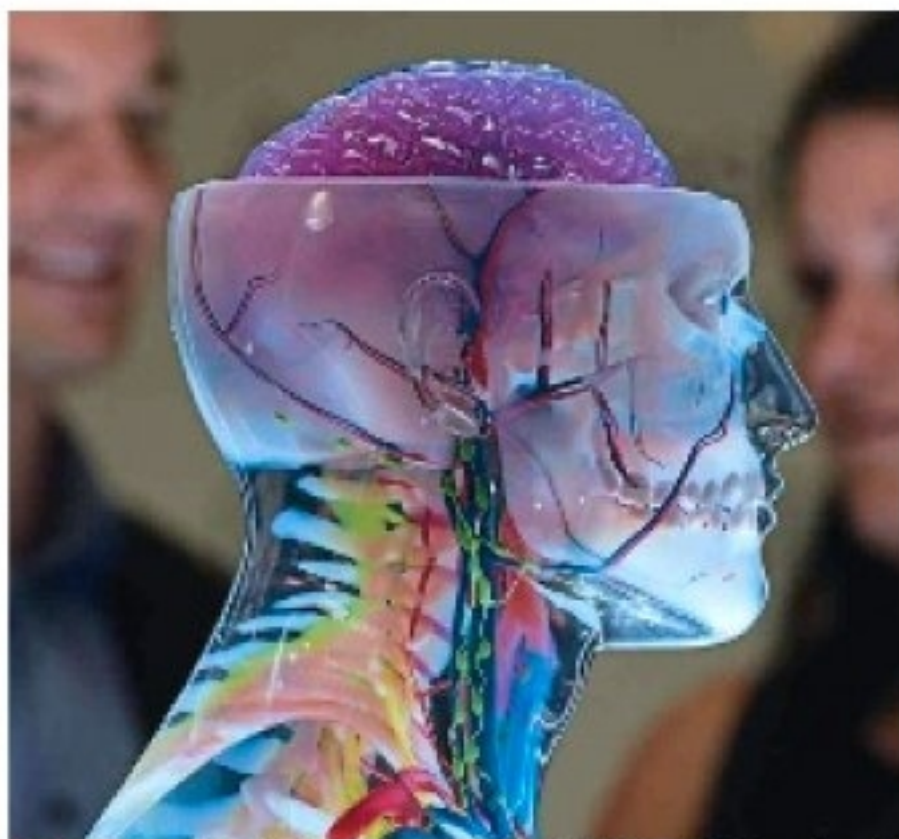
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TECHNOLOGY THE WORLD — PRINTED IN 3D A 3D-printed model used for medical purposes. People from all over the world have gathered in Erfurt, Germany, for the international fairs FabCon 3.D and Rapid.Tech to present the latest products and applications in the fields of additive manufacturing and 3D printing. THE ASSOCIATED PRESS

Credit fight affects you

CREDIT

Visa, Walmart in a dispute over merchant fees

Why did Visa take out newspaper ads about Walmart on Wednesday?

Visa and Walmart are in a battle over credit card fees charged to merchants. Walmart wants a better deal from Visa. Visa said it offered a lower rate, but Walmart wants an even deeper discount. Visa claims Walmart is asking for a rate lower than the one paid by charities and schools.

How many customers are affected by this?

Visa is the biggest credit card company in Canada, with 54 million cards issued, according to Rob Livingston, president of Visa Canada.

Also, the phase-out of Visa cards at Walmart is scheduled to begin in Thunder Bay in July, not in the GTA, which is the largest retail market in the country. So there is still time for the parties to go back to the table and hammer out an agreement.

Why is this happening in Canada?

In Canada, Visa and MasterCard charge merchants fees that are as much as five times higher than fees charged in dozens of other countries, including those in Europe and Australia. In some cases, governments have stepped in to regulate lower fees. In other cases, government regulators similar to the Competition Bureau have set caps on fees.

The fee in Australia is 0.5 per

cent, according to Karl Littler, vice president, public affairs, Retail Council of Canada (RCC). In many European countries, it's 0.3 per cent.

Canadian retailers pay about \$5-billion a year in credit card fees, according to the Council.

Why do the credit card companies charge so much more in Canada?

Visa's Livingston says Canada has one of the most developed and secure digital payment sectors in the world, due to the investments credit card companies have been able to make using the proceeds from fees. That includes tap-and-go services and systems that reduce the need for less secure payment methods.

Walmart wants a better deal. Do other big retailers get preferential treatment?

Yes. Although the terms of the exclusive deal between MasterCard and Costco in Canada are not public, Sands believes it could be as low as zero per cent, with MasterCard benefiting in other ways — increased use, more customers (who use the card outside of Costco, too) and publicity when Costco promotes the card.

So if the fees go down, will consumers benefit?

Perhaps, but only marginally. There is no independent study in Canada that has looked at whether retailers keep the difference or pass it on to consumers. Walmart is promising to pass it on to consumers, but while the overall savings to Walmart could be huge, it will mean pennies to consumers on most individual purchases.

TORSTAR NEWS SERVICE

MUSIC

Jimmy Page climbs a stairway to court

The estate of Spirit's late guitarist, Randy Wolfe, also known as Randy California, contends the famous descending-chord progression that softly begins the crescendo-building "Stairway" was lifted from Wolfe's, "Taurus," which was released a few years earlier.

Led Zeppelin has settled several similar copyright disputes over hit songs, though "Stairway to Heaven" has generated hundreds of millions of dollars over the years and could provide a

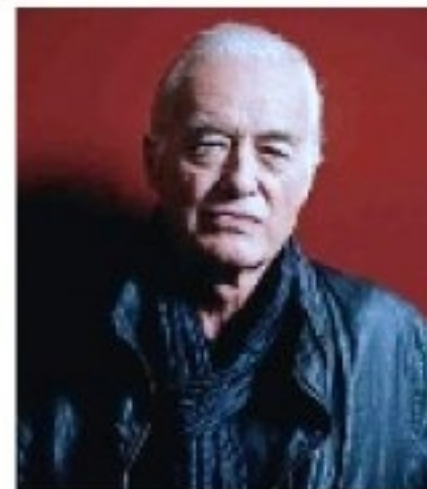
windfall if Wolfe's estate prevails.

Page claimed he didn't even know he owned Spirit's self-titled first album until a son-in-law told him comparisons between the tunes were popping up online and he unearthed it in his collection of 10,000 records and CDs. He said he only knew "Fresh Garbage" from hearing it on the radio.

"Something like that would stick in my mind," Page told the eight jurors in Los Angeles federal court. "It was totally alien

to me."

Attorney Steven Weinberg, a music copyright lawyer who is watching the case but not involved in it, said he found Page charming, confident and well prepared, though not entirely credible in his denial of ever hearing Spirit's first album. The use of "Fresh Garbage" in the band's earliest days lends credibility to the idea that Page and singer Robert Plant liked the band enough to probably know more of its work. THE ASSOCIATED PRESS



Jimmy Page TORSTAR NEWS SERVICE

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BRAINY BIRDS
A University of Cambridge study found 28 songbird species with greater neural capacity for higher learning than mammals with similar brain sizes.

DECODED When athletes exult

THE NEUROCHEMISTRY OF WINNING

Soccer's European Championship, the biggest tournament outside of the World Cup, is underway. Already, the participating footballers have been fed heaping helpings of both the ecstasy of victory and the agony of defeat, in (roughly) equal measure. Because we like to keep things positive here, we wanted to concentrate on the victory part: **Here's what's floating around in athletes' brains when they win.**



First of all, the compulsory disclaimer, as with matters psychophysiological, is that there's PLENTY that science freely admits it flat-out does not understand. Consider yourselves disclaimed. Chief among what is known is that, irrespective of social, physical or mental causes, the sensation of pleasure originates in the brain, where **neurons** (a.k.a brain cells) talk to each other via the release of chemicals. The most important pleasure-synthesizing neurochemicals, and the most relevant to the thrill of athletic victory, are **dopamine**, which is associated with the pleasure of motivation and the realization of sought-after rewards; **epinephrine** (a.k.a. adrenaline) which causes increased heart rate, blood pressure, and the "adrenalin rush" we feel in high-pressure situations such as world-stage soccer matches; and **endorphins**, the brain's own homebrew morphine, which produce opiate-like pleasure, and have been associated with the so-called "runner's high" that sometimes accompanies strenuous exercise.

GRAPHICS: ANDRÉS PLANA/METRO



GUEST CITIZEN SCIENTIST by Paul Sokoloff

How can I prepare at home for life on Mars?

I just saw The Martian on Blu-ray. Everyone tells me that the science in the movie checks out, but what if I want to see for myself? Can I do Martian botany experiments on earth?
— Guy, Ottawa

Aspiring Martian farmers will be happy to hear that we should be able to grow crops on the Red Planet, though it has no soil, which is created over time through biological activity. The red dust covering Mars is called regolith.

While you can't find real Martian regolith at the space-garden centre (we've yet to return samples from Mars), data sent back from landers and rovers have let scientists develop regolith simulants, Earthbound materials that mimic the colour, texture and physical properties of the real thing. While engineers may use this regolith to test rover wheels and dustproof electronics, botanists can use it to science the s-t out of some plants, and have already tried growing everything from algae to carrots in it.

These simulants are most often made from crushed and sterilized volcanic rocks. The most commonly used material comes from the slopes of Mauna Kea, Hawaii. Quarried by Orbitec Ltd., this JSC Mars-1A simulant, at \$25 USD per 2 lbs, would be your best bet for simulating Mars at home. You would need fertilizer, though, as plants need nutrients missing from Martian regolith to grow. Just do not, I repeat, DO NOT, try using human waste like Mark Watney.

Still, when the first Astronauts

get to Mars, it's unlikely they'll start farming with regolith right away. Soil-free hydroponics would provide plenty of fresh produce, and would prevent possible contamination of the planet as we search for signs of extraterrestrial life.

Paul Sokoloff is a botanist at the Canadian Museum of Nature, and a former crew-member at the Mars Desert Research Station in Utah.

Science Question?
Tweet @genna_buck

FINDINGS

Your week in science

NEW ELEMENTS

Names have been assigned to the four new elements identified in December of last year. Meet nihonium (Japanese for "the land of the rising sun"), moscovium, tennessine (both named after the place they were discovered) and oganesson (named after chemist Yuri Oganessian). The names will undergo a consultation process before being officially recognized. The elements will occupy numbers 113, 115, 117, and 118 on the periodic table.

VOLCANIC ZOMBIES

There is a new zombie apocalypse to be afraid of, at least if you live in New Zealand. Geologists in the island nation have found magma chambers growing next to, rather than under, some Kiwi volcanoes, reports the June edition of Nature magazine. The findings suggest volcanic zones thought to be dormant are, as it were, living dead.

SOUND SMART

AGGLUTINATION

DEFINITION

Agglutination, derived from the Latin agglutinare (glueing to), is the process by which particles clump together. In the body, this process takes place when cells, such as red blood cells in the case of problematic clots, encounter certain antibodies that cause normally autonomous particles to join and form larger structures. This can happen with or without human intervention.

USE IT IN A SENTENCE

"My uncle's waiting on a blood transfusion, but when the docs mixed the latest donor's blood with his, there was some **agglutination**. Apparently, that's disqualifying. I don't know — I'm not a doctor — but it sounds bad."

PHILOSOPHER CAT by Jason Logan

THERE ARE THINGS YOU KNOW ABOUT AND THINGS YOU DON'T. THE KNOWN AND THE UNKNOWN, AND IN BETWEEN ARE THE DOORS.



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Finding Dory cures Sequelitis

IN FOCUS

Pixar makes good in a summer full of so-so sequels

Richard Crouse
For Metro Canada

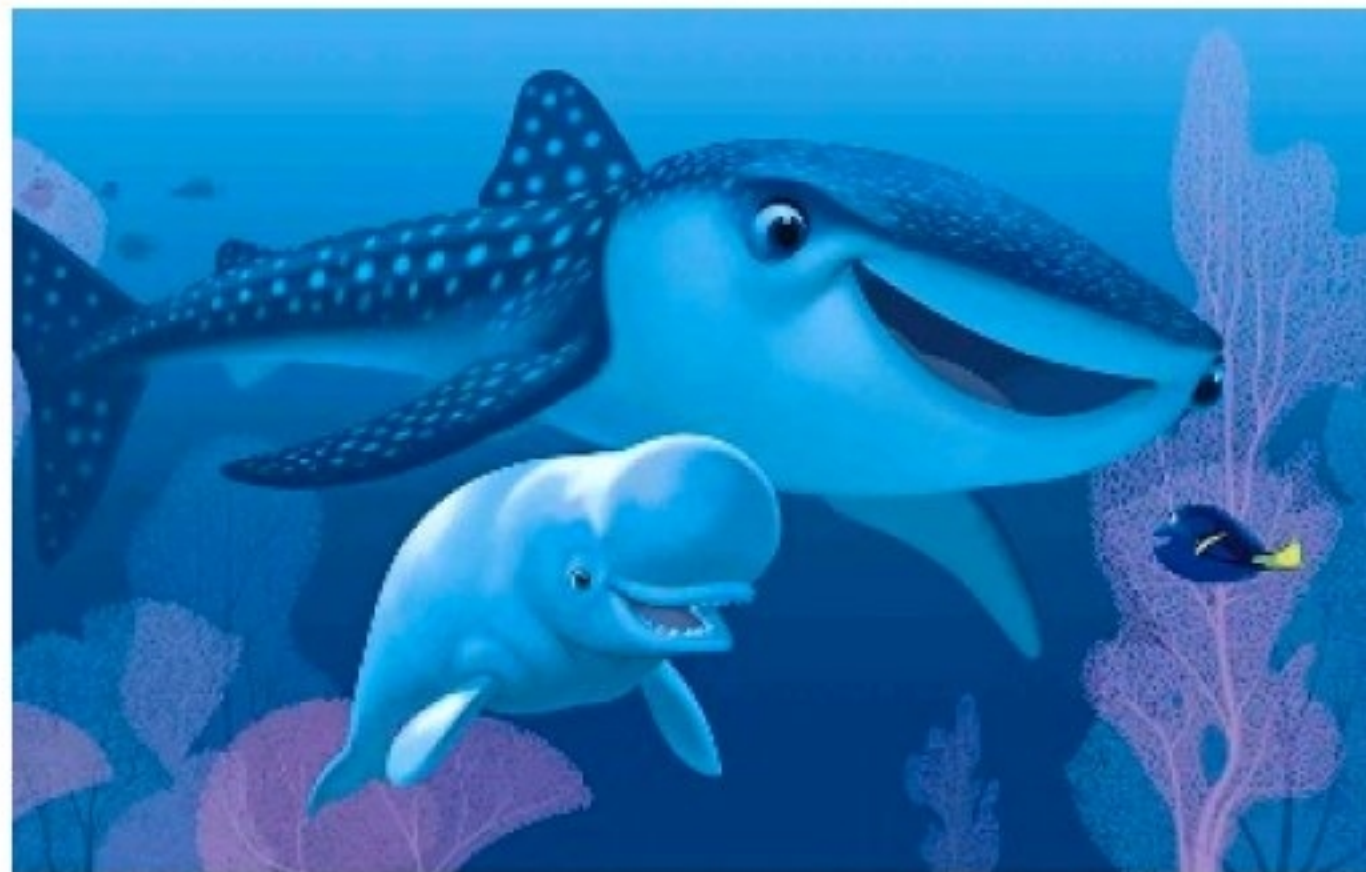


Thank you, Pixar.

Years ago my now-wife and I went to see a particularly grim horror movie. Despite "watching" the entire film through her fingers, as though she could shield her face from the gallons of blood 'n guts on display, the creepfest jangled her nerves so badly we had to go see Finding Nemo directly afterwards as a palate cleanser.

Marlin (Albert Brooks) and Dory's (Ellen DeGeneres) underwater road trip to find Marlin's lost son Nemo, coupled with gorgeous animation and warm-hearted humour, calmed her and because of Pixar there were no bad dreams that night.

Roger Ebert called the family classic "a delight," and parents snapped up so many of them it became the best-selling DVD ever. Disney is clearly hoping those good feelings have lingered over the 13 years since Nemo first made a splash. This



The followup to Finding Nemo should do well at the box office thanks to great storytelling and production values, Richard Crouse argues. CONTRIBUTED

weekend Finding Dory enters a crowded summer season, one already stuffed to the gills with sequels, reboots and reimaginings.

The original cast return (save for Alexander Gould who aged out of voicing Nemo) along with Idris Elba, Diane Keaton and Kate McKinnon. Will that be enough to mine gold when recent sequels have come up empty?

Hollywood wisdom says audiences want familiarity, characters and brands they already know and love, but this year moviegoers have rejected repackaged ideas. Zoolander 2, Ride Along 2, Neighbors 2: Sorority Rising, The Huntsman: Winter's War, Alice Through the Looking Glass, X-Men: Apocalypse and TMNT: Out of the Shadows all under performed in what the Hollywood Reporter

is calling the Summer of Sequelitis.

For the record, I think Finding Dory will do just fine. Not just because Pixar is the gold standard in animation or because it has a story audiences will connect with but because it's good.

Do I think moviegoers are suffering from Sequelitis? No. Many of this year's sequels have stiffed because they weren't



LOCAL SHOW TIMES

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Fri 4-7-9:20 Sat-Sun 1-4-7-9:20 Mon-Thu 4-7-9:20

Scotiabank Theatre, 900 Burrard St.
Fri 11:15-1:35-6:50 Sat 11:15-1:35-6:50 Sun 11:15-1:35-6:50 Mon-Tue 11:15-1:35-6:45 Wed 11:30-1:40-7:15 Thu 11:15-1:35-6:45; 3D Fri-Tue 11:30-2:05-4:10-4:40-7:15-9:30-10 Wed 11:15-1:05-3:35-4:10-6:45-9:30-10:05 Thu 11:30-2:05-4:10-4:40-7:15-9:30-10; UltraAVX Fri-Sun 12-2:35-5:10-7:50-10:30 Mon 12-2:35-5:10-7:45-10:20 Tue 12-2:35-5:10-7:50-10:30 Wed-Thu 12-2:35-5:10-7:45-10:20

Esplanade 6, 200 West Esplanade
Fri 6:30-9:15 Sat-Sun 12:30-3:30-6:30-9:15 Mon-Thu 6:30-9:15; 3D Fri 7-9:45 Sat-Sun 1-4-7-9:45 Mon-Thu 7-9:45

SilverCity Riverport, 14211 Entertainment Way
Fri 1:05-2:05-3:40-4:40-6:15-7:15-8:50 Sat-Sun 10:45-11:30-1:05-2:05-3:40-4:40-6:15-7:15-8:50 Mon-Wed 1:05-2:05-3:40-4:40-6:15-7:15-8:50 Thu 1:05-3:40-4:40-6:15-7:15-8:50; 3D Fri 1:35-4:10-6:45-9:20-9:50 Sat-Sun 11:15-1:35-4:10-6:45-9:20 Mon-Wed

1:35-4:10-6:45-9:20-9:50 Thu 1:35-4:10-6:45-7:45-9:20-10:20; IMAX 3D Fri-Wed 12-2:35-5:10-7:45-10:20 Thu 12-2:35; Stars & Strollers Thu 2

SilverCity Metropolis, 4700 Kingsway Ave.
3D Fri 1:50-4:25-7-9:35 Sat 11:15-1:50-4:25-7-9:35 Sun-Wed 1:50-4:25-7-9:35; UltraAVX Fri-Wed 12-2:35-5:10-7:45-10:20 Thu 11:45-2:10-4:35-6:45-9:40

SilverCity Coquitlam, 170 Schoolhouse St.
Fri-Thu 1:35-4:10-6:45 10:30-11:15-1:35-4:10-6:45; 3D Fri-Thu 2:05-4:40-7:15-9:20-9:50; UltraAVX Fri-Wed 12-2:35-5:10-7:45-10:20 Thu 12-2:25-5-7:40; VIP (19+) Fri-Sun 1:30-4:30-7:30-10:30 Mon 4:30-7:25-10:15 Tue 1:30-4:30-7:30-10:30 Wed-Thu 4:30-7:25-10:15; Stars & Strollers Wed 1:00

Strawberry Hill Grande, 12161-72nd Ave.
Thu (Jun 23) 7:45-10:20; 3D Fri (Jun 17) 1:50-4:25-7-9:35 Sat 11:15-1:50-4:25-7-9:35 Sun-Thu 1:50-4:25-7-9:35; UltraAVX Fri-Wed 12-2:35-5:10-7:45-10:20 Thu 12-2:35-5:10

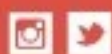
appetizing to audiences as they think.

Executives are scared. Pitch Perfect 3, the planned follow up to the \$287.5 million grossing Pitch Perfect 2, has been delayed while Universal waits to see whether the sequel slump is a passing phase. In the meantime, expect more than one sequel-crazed studio suit to say, "Thank you Pixar," when Finding Dory reels in the top spot.

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Reviewing Dory with dad



It made me sad sometimes but also happy
Ben, 5

The kids agree: Hank the Squid (voiced by Ed O'Neill) is a favourite character. CONTRIBUTED

PERSONAL ESSAY

Metro writer asks his sons to deliver verdict on film

Chris Alexander
For Metro Canada



It is this writer's opinion that when a film critic is charged with reviewing a children's movie, it always helps if, y'know, he or she brings a child with them.

It should be essential, in fact. Because without the eyes of a kidlet beside you, without watching them watch the movie, how else can you properly appreciate and evaluate a work designed to please that very demographic?

So, on that note, I took two of my own little movie-mad lads (the apple

don't fall far when it comes to loving cinema) with me to the preview screening of Disney Pixar's latest animated effort, *Finding Dory*, the highly buzzed follow-up to 2003's *Finding Nemo*, which takes an essential supporting character from the original picture, little forgetful fish Dory (voiced beautifully by Ellen DeGeneres) and gives her her own epic under sea adventure.

Finding Dory fleshes out, in flashback, Dory's tragi-comic backstory, with her parents Charlie (Eugene Levy, who was in fact present at the screening) and Jenny (Diane Keaton) trying to train the blue fish to defy her unfortunate short term memory affliction so she'll be able to live a happy, productive life.

When Dory mysteriously finds herself separated from her loving mom and dad, events from the first movie bleed into the story and soon, Dory is living with Nemo and his dad Marlon (Albert Brooks). But

when Dory suddenly begins to get flashes of memory of her long lost family, she and her friends launch a crusade to find them, an adventure that is by turns hilarious and moving and always immaculately realized, especially in lush 3D.

After the show, little Elliot (who is seven), Ben (who is five years old), and I shared our thoughts on the film.

The family review team, from left, Elliot, Chris and Ben.

CHRIS ALEXANDER



THREE TAKES

Elliot, 7
For Metro Canada



I liked it better than *Finding Nemo*. It was funny and also really exciting. I really loved Hank the Squid (Ed O'Neill), because he's kind of a jerk at first but then he starts to care about Dory and helps her. I also liked how Nemo and his dad were in it again, helping Dory this time like she helped them in part one. I thought the part where Dory was lost and upset at the end was kind of scary, though.

Ben, 5
For Metro Canada



It was beautiful. It was kind of like (Tomm Moore's haunting animated film) *Song of the Sea* (which is Ben's favorite movie) because of the pretty music and it made me miss my mommy and made me sad sometimes but also happy. I really liked Hank the Squid and the funny whale shark Destiny and the way she kept bumping into things and talking to Dory in Whale language.

Dad's review

The boys are right. *Finding Dory* is ample funny and action-packed but it's also incredibly emotional, with a dark, haunting sequence towards the end that made me tear up and hold the lads close. And, as is the norm with Pixar, there's plenty of subtext here for the adults. The film is an allegory about special needs children and the things they can accomplish when they are loved and encouraged by their family and peers. It's the perfect family film, enriching and expanding the world directors Andrew Stanton and Lee Unkrich developed in the first movie.

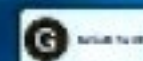


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Ark de triumph: Fans remake classic

DOCUMENTARY

The childhood friends who bravely remade Indiana Jones

Richard Crouse

For Metro Canada



"We didn't know what we were getting into," says Eric Zala.

Zala, along with Chris Stompolos and Jayson Lamb, spent much of the 1980s, their entire teen years, making a shot-for-shot remake of Raiders of the Lost Ark complete with special effects, car chases and melting heads. Ambitious in the extreme, they stopped at nothing to translate their vision to the screen, almost burning down a family home in the pursuit of their DIY dream.

"You can be surprised at what you accomplish," says Zala. "As adults you have awareness of your limitations, real or perceived. That was one thing we had on our side when we embarked on this as kids. We didn't know what we were try-

ing to do was impossible. It's a damn good thing because we would have been scared to death."

A new documentary called Raiders!: The Story of the Greatest Fan Film Ever Made uses the original home movie as a basis to pick up the story decades after the trio abandoned the project. Zala and Stompolos are front and center to tell the tale of the obsession as they, now as 30-somethings, try and finish the movie by shooting the one scene that eluded them as children, the exploding airplane sequence.

Stompolos describes seeing Raiders of the Lost Ark for the first time as "lightening in a bottle."

"For our generation I don't think we had ever seen such a perfectly crafted, mythologically aligned hero," he says. "Indiana Jones was human, accessible, smart, macho, academic and flawed and could get hurt.

The historical context was interesting and everything was just perfect. This larger than life character just kind of blew my mind. For me I wanted to create a playground for myself and see what it would be like to have those experiences."

“

For our generation I don't think we had ever seen such a perfectly crafted mythologically aligned hero.

Raiders co creator Chris Stompolos

"We finished it in '89 and would have loved for Spielberg to see it but that was a pipe dream," says Zala. "We certainly didn't anticipate any kind of fan film movement back then. As far as we knew we were alone in the world. Come to find out, we weren't."

Lots of kids played Indiana Jones in their backyard. We just took it a little further. None of this was supposed to happen,

Enthusiasm and chutzpah go a long way, especially when they aren't tainted by cynicism. The love of Raiders these fans — both as kids and adults — share is pure and respectful and their passion bleeds through the screen.



Inset: Eric Zala and the explosions expert rejoice at a successful scene in Raiders! Above: The airplane explodes for the final scene in the documentary's version of the famous final scene.

DRAFTHOUSE FILMS

we just did it for ourselves."

"Eric and I pushed it over the finish line and stayed true to the pure vision," says Stompolos, "because we simply love the movie." F

or this pair of fan filmmakers Raiders of the

Lost Ark isn't just a childhood fixation. Both have seen it recently, thirty-five years after Zala says it, "split my brain open."

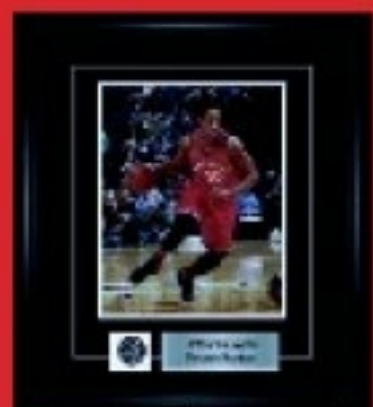
"It took our breath away," Stompolos says of his recent viewing. "Even now there is

so much detail. We caught so many new things. I can still watch the film and love it. I don't ever get tired of it. The thing that amazes me to this day is that no matter how many times we've seen it, it still has secrets to give."

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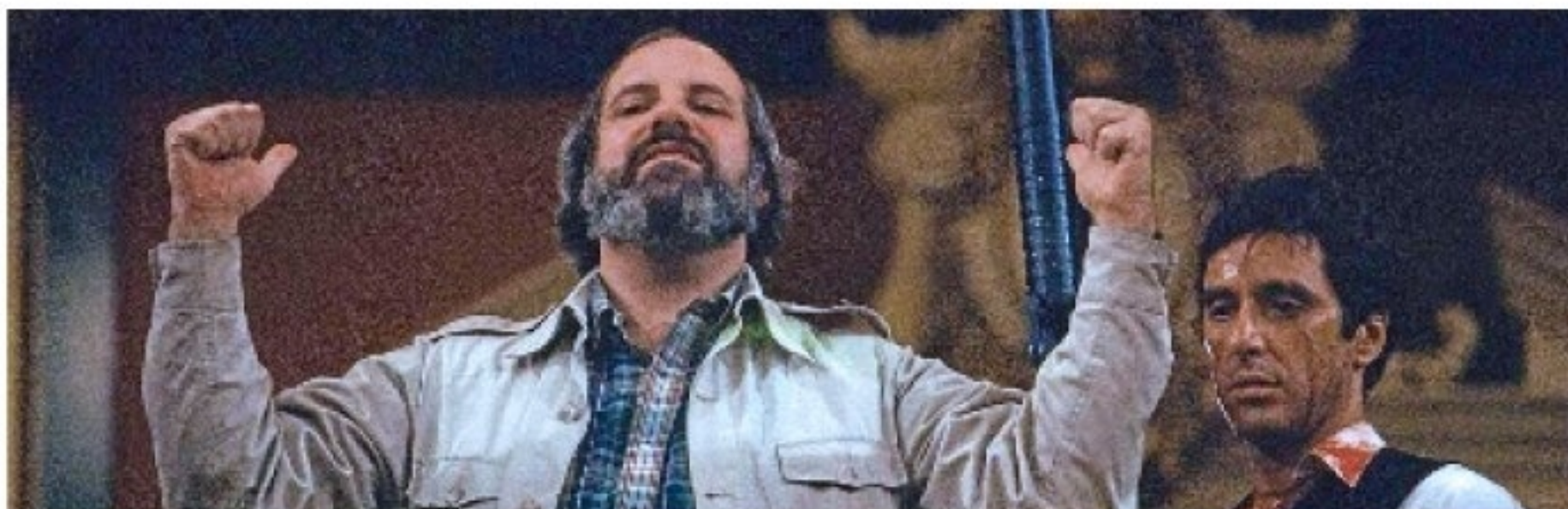
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Scarface director Brian De Palma offers his unguarded insights on Hollywood in Jake Paltrow's new documentary *De Palma*.

CONTRIBUTED

De Palma doc proves refreshingly insightful

TRIBUTE

Jake Paltrow turns his obsession into full-length film

Richard Crouse
For Metro Canada



From *Scarface* to *Mission: Impossible*, Brian De Palma's movies have been endlessly entertaining and entirely diverse.

But as iconoclastic as the 75-year-old filmmaker has been, he's somehow played in the shadows of such contemporaries as Steven Spielberg and Martin Scorsese and his influence has gone largely uncelebrated — until now.

In fact, filmmaker Jake Paltrow thought the iconic auteur was so deserving of a tribute that he paired up with Noah Baumbach (Frances Ha) to turn out the eponymous documentary *De Palma*.

"I was obsessed with Brian as a teenager," admitted Paltrow during a recent stop in Toronto. "But even more than being a fan, (the film) grew out of our friendship with him."

Early in his filmmaking career, Paltrow (younger sibling to Gwyneth Paltrow) befriended De Palma who not only supplied sage advice to the young director,

but also began meeting him on a regular basis — an event which soon spurred the notion to capture the filmmaker on-camera reminiscing his half-century in showbiz.

"We were always really approaching it like a director talking about his movies, how he made them and the ups-and-downs of the movie business," said Paltrow, who admits they also never really entertained the idea of featuring others talking about De Palma for the doc.

"Because it's coming from this thing of friendship and as a gigantic fan of these movies, it didn't need any other voices really," said Paltrow of the choice to feature interviews solely with

the divisive director himself. "Also if you want other opinions about Brian, there are no shortage of things out there."

In the end, Paltrow and Baumbach crafted a

simple "director's journey" and one that is mutually exclusive to the so-called bad boy of New Hollywood. More so, Paltrow is hoping he's captured some of the most refreshingly honest insights about Hollywood over the past 50 years.

"He doesn't soft pedal anything (and) I think in a lot of ways, that's why we wanted to make a movie about Brian," stated Paltrow. "He's unguarded in all these sorts of ways and he's so articulate and he's experienced so much — what else is the basis of drama?"



He doesn't soft pedal anything

Jake Paltrow on Brian De Palma



Jake Paltrow's respect for De Palma goes back to his teen years. CONTRIBUTED

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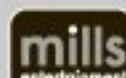
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3 myths and facts about fertility

When it comes to fertility, conflicting information from the Internet, media, friends and family make it hard to know what to believe. Dr. Anthony Cheung, founder and medical director at the Grace Fertility Centre, clears the air on what is myth and what is fact.

Myth 1: If a woman still has her period in her mid- to late-forties, she is still fertile.

Fact: Not necessarily. A woman's fertility decreases faster after age 35, markedly so after age 40. In the six to seven years leading to menopause a woman has a higher miscarriage risk and low fertility even though she may be still ovulating.

Myth 2: Egg freezing is the same as embryo freezing.

Fact: With embryo freezing, eggs are fertilized with sperm to develop into viable embryos first before freezing. Egg freezing provides some insurance, but there are no guarantees that the frozen eggs will fertilize and develop into viable embryos.

Myth 3: If I can't get pregnant, I can have IVF.

Fact: Despite all the advances, in vitro fertilization (IVF) is not 100 per cent guaranteed. You may require more than one cycle to conceive. Women under age 36 can have a pregnancy rate of 50 to 60 per cent per cycle, freezing additional viable embryos for future use. For older women, pregnancy success relates to individual variations in egg number and quality. Male factors can have additional effects.

ISTOCK

Keep baby comfortable this summer

The beach is a wonderful new world for your baby to experience.

When you're going to the pool or lake this summer, a reusable swim diaper is the way to go, says Natalie Tisin, of Lagoon Baby, a natural parenting boutique based in Maple Ridge.

The swim diapers are reusable and will save you money over the long term, compared to disposable swim diapers. And they're easy to care for: Just throw them in the wash.

"Even if you're not using cloth diapers, you can still use reusable swim diapers," says Tisin. "You can also use them as a bathing suit — so your baby won't need an extra, outer bathing suit."

Lagoon Baby offers many styles of reusable swim diapers and they come in lots of fun prints, too.

"They look cuter than disposables do," Tisin adds.

Just like reusable swim diapers, cloth diapers have many advantages over disposables. You're not putting nearly as much waste in the landfill when you use them, and they are a more natural option for your baby's sensitive skin.

Because you can purchase size-adjustable cloth diapers, you can use the same cloth diaper from birth to potty training, adding



CONTRIBUTED

to the savings.

They also feel better for your baby — they're more breathable and don't cause rashes like some disposables can.

Alongside its range of reusable swim and cloth diapers, Lagoon Baby carries natural baby-care products, including skincare lines with natural ingredients, and a wide range of baby carriers.

For more information, visit lagoonbaby.com.



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When to circumcise and why it matters

Whether for health, religious or cultural reasons, many parents of newborns across North America choose to circumcise their newborn son, a minor procedure in which the foreskin is removed.

Some of the major health reasons include protection against HIV/AIDS, penile cancer, sexually transmitted infections, infant kidney infections and improved lifetime genital cleanliness, just to name a few.

No matter what your reasons are, the best time to circumcise your son is within the first two months after delivery, preferably in the first two weeks according to Dr. Jack Chang, a physician at Pollock Clinics.

Dr. Jack Chang works with Dr. Neil Pollock, who founded Pollock Clinics. Together they perform the most circumcisions on newborns in BC.

They also perform vasectomies for men who feel they have completed their families.

Chang and Pollock have been involved in international missions all over the world, mostly in developing countries where they teach and provide both procedures pro bono.

Recently, the benefits of circumcision have been affirmed by the American

Academy of Pediatrics. In 2012, the organization issued a statement that the health benefits of circumcision outweighed the risks. The Canadian Pediatrics Society also acknowledges the potential benefits of the procedure, but does not go so far as to recommend routine circumcision for newborns.

For most parents of newborns who have decided to circumcise their son, it is important to understand what measures are taken to ensure safety, comfort and analgesia of their baby boy.

The physicians at Pollock Clinics use

the Pollock Technique for newborn circumcision, a technique safely performed on over 35,000 newborns to date. Highlights of this technique include pain relief using multiple strategies, including administration of oral Tylenol, application of topical freezing cream, soothing with a sugar ball and provision of long acting local anesthetic. Calming music is played throughout the procedure and optimal room temperatures are maintained.

The procedure takes only 30 to 60 seconds for newborns, 10 times faster than most hospital circumcisions.

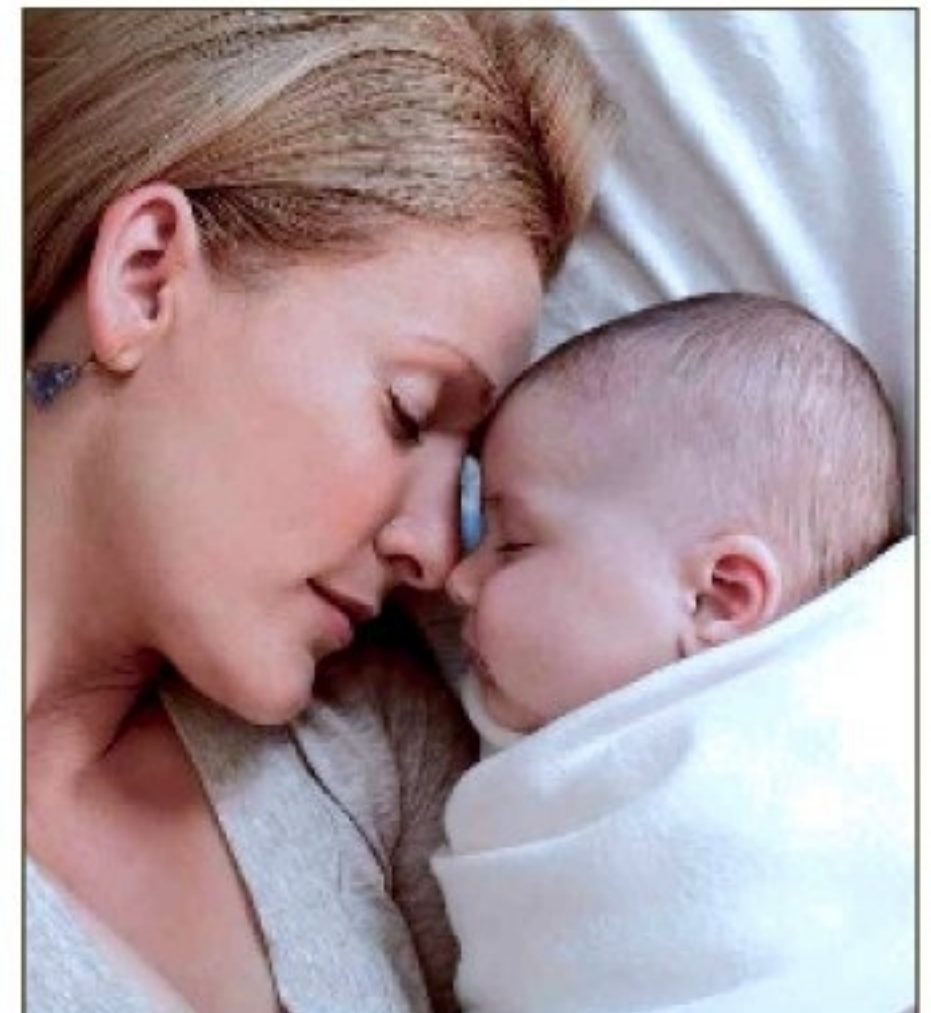
Healing and recovery are quick

"While it can take a newborn up to four weeks to heal completely, most show signs of complete healing only after one week," says Dr. Chang. "Newborns heal quickly and are uniquely adapted to handle stress. It is the window of opportunity for circumcision and postponing it to a later age increases the complexity, risk and cost."

Dr. Pollock adds, "Foreskin-associated diseases, including kidney infections and local penile problems also begin in the newborn period. Early circumcision offers maximum permanent preventive health benefits."

The clinic's two experienced doctors offer 24/7 aftercare at the clinic's two locations in Vancouver and New Westminster. Appointments are available within days.

To learn more, including about circumcision procedures that are now available for older boys up to adults, please visit their website at pollockclinics.com or call their office at (604) 717-6200.



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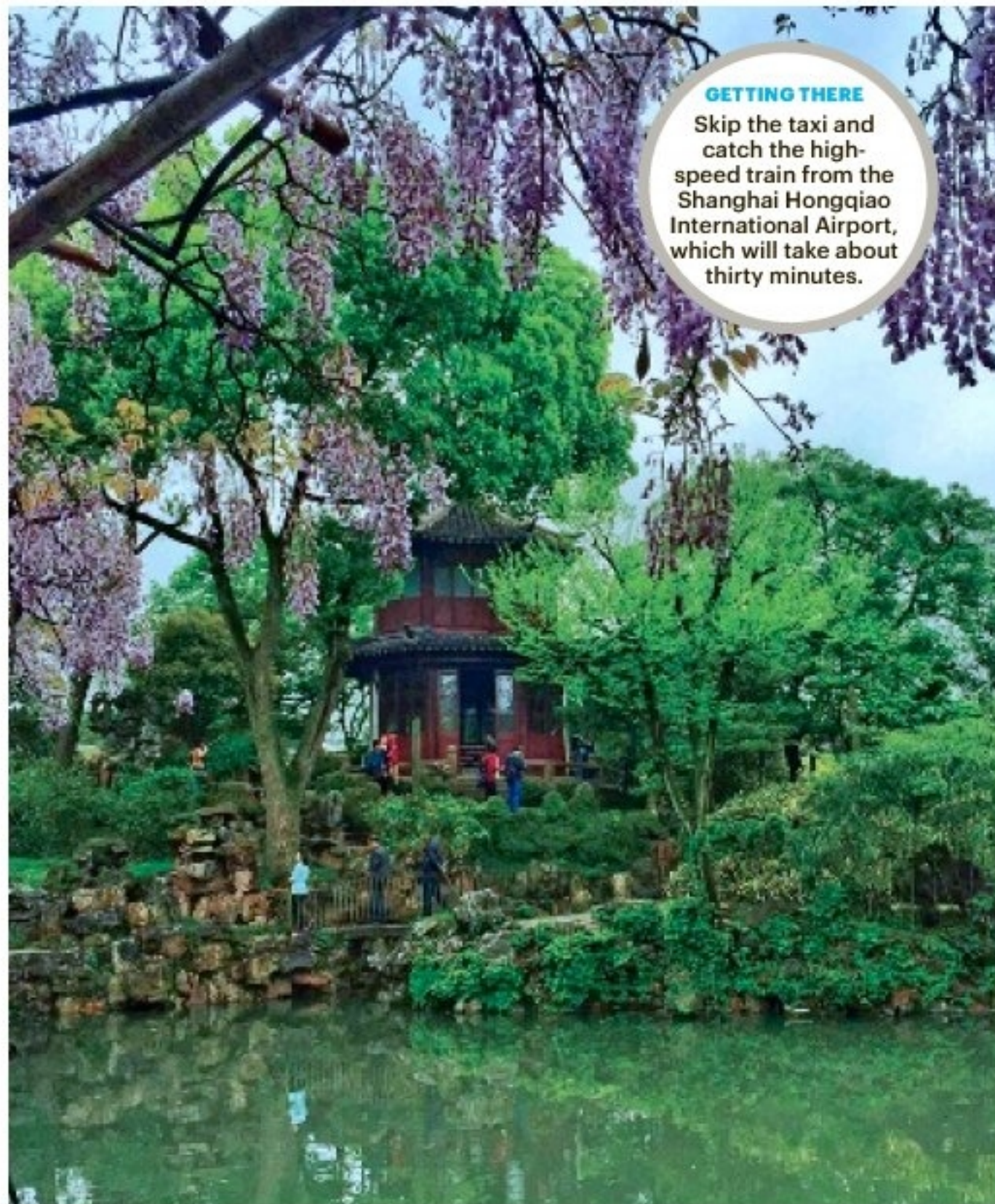
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The ethereal beauty of Suzhou

THREE DAYS

With canals and romance, this city is the Venice of China

Jennifer Weatherhead Harrington
For Metro Canada



No trip to Suzhou is complete without a canal ride.

If you find yourself in Shanghai looking to escape the hustle, just two hours away by car is the romantic city of Suzhou, with stunning canals, gardens and temples.

Start by dropping your bags at Jinji Lake Grand Hotel, a swanky spot in the trendy, industrial part of Suzhou.

Next, drive into Old Town to visit Humble Administrator's Garden, Suzhou's largest, most famed garden.

Built in 1509, the perfectly manicured Bonsai trees, droopy willows, ancient bridges, canals and ponds lend it an ethereal beauty. Drop by the nearby Suzhou Museum for a quick stroll before indulging in noodles at Tong De Xing Noodle restaurant.

Walk off your feast on historic Pingjiang Road, hunting for locally made textiles in the silk capital of the world before taking in a traditional show at Kun

Opera where performers sing about love and heartache while you sip on freshly brewed tea.

You can't be in the Venice of China without taking a canal ride. Request an early-morning wakeup on Day 2 and bus or taxi to the area of Tongli. Hire a gondola and spend the afternoon cruising the calm waters.

Afterwards, cross over the famous Taiping, Jili and Changqing archway bridges and, as legend has it, you'll be granted good luck for your future wedding. Then walk the water's edge, populated with shops and casual food options for lunch. Freshly made dumplings are seemingly at every second stand and you'll smell the traditional "Stinky Tofu" dish as you wander — if you're brave, give the fermented fave a try.

A dinner at intimate vegetarian restaurant Xi Shan Tang allows you to explore the local cuisine options outside of noodles and tofu. Be sure to book well in advance as they are reservation only.

Day three's journey should be to Tiger Hill. The impressive Bonsai tree garden boasts hundreds of the trees, including one that's more than 400 years old. Then make your way to the 1,000-year-old Tiger Hill Pagoda Huqiu Tower, which is older than the Leaning Tower of Pisa and features an even more dramatic lean. A stop on your way back to the hotel at a traditional tea plantation and tea house to learn the art of Biluochun, or green, tea making will give you a new appreciation for the much-loved drink.

The Humble Administrator's Garden in Old Town is filled with Bonsai trees, ancient bridges and droopy willows. ALL PHOTOS JENNIFER WEATHERHEAD HARRINGTON

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Doorways in Montevideo's Ciudad Vieja, or old city. A variety of architectural styles can be found in Uruguay's charming capital city. MICHELLE LOAKE/THE ASSOCIATED PRESS

Sunny sidewalks, seaside strolls and so much steak

URUGUAY

Cut into fillet of Montevideo and savour its myriad charms

Uruguay's capital city, Montevideo, may not be as well-known to international travellers as some of Latin America's other destinations. But there's plenty here to see and do, and it's a relatively short hop and worthy side trip from Buenos Aires.

Laid-back and friendly, Montevideo has a mellow vibe. Experience it as you savour a tasty chivito (steak sandwich) at a sidewalk café, or on a sunny stroll along a wide sandy beach. Here are a few suggestions on making the most of your visit.

What's new?

The renovated Mercado Agrícola, 2220 Jose L. Terra, has everything from asado (bar-

becued meat) to gelato to hand-crafted gifts. It can be less crowded than the more-famous Mercado del Puerto and is home to cafés and a small brewery. Open daily from 9 a.m. to 10 p.m.

Another rejuvenated classic is the Sofitel Casino Carrasco and Spa. Formerly known as the Hotel Carrasco, the beachfront luxury hotel opened in 1921. Albert Einstein stayed here in its early years and the Rolling Stones were recent guests.

Classic attractions

Although it can get busy, the Mercado del Puerto in the Ciudad Vieja (old city) is worth a visit. A popular spot for asado is El Palenque.

For a dose of history, try the Legislative Palace. Highlights include uniformed guards watching over the glass case containing the national constitution.

Open from Monday to Friday, visits by guided tour only (available in English) at 10:30

+ TRAVEL TIPS

Uruguayans eat dinner late, as late as 11 p.m. on weekends, but you can find places ready to feed you by 8 p.m. (though it will be quiet if you're that early). The city feels relatively safe, but be alert, especially at night.

a.m. and 2:30 p.m.

Enter from Avenida General Flores.

Plaza Independencia (Independence Square), at the beginning of Avenida 18 de Julio is a good place to take photographs.

You'll find the Puerta de la Ciudadela (Citadel Gate), a remnant of walls that once surrounded the Ciudad Vieja, and a statue dedicated to national hero Gen. Jose Gervasio Artigas.

Hanging out

The Rambla runs about 27

kilometres along Montevideo's coastline. Take a stroll or rent a bike to explore the wide, sandy beaches.

Walking around the old city is the best way to take in the city's mix of architecture; the pedestrian thoroughfare, Peatonal Sarandí, is the main drag and will take you past art galleries, shops and street stalls.

Check out the traditional calabash gourds and metal straws used to imbibe yerba mate (ma-TAY). The drink is hugely popular and it's common to see people walking with gourd in hand and a vacuum flask of hot water tucked under their arm.

On Sunday mornings you'll find an open air market on Tristán Narvaja and surrounding streets, starting near Avenida 18 de Julio.

Places near Montevideo worth a visit include the Atlantic resorts of Punta del Este and the somewhat quieter Jose Ignacio.

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Day in the lyrical life of a city of stories

NEWFOUNDLAND

Getting lost in St. John's, a city that is literally full of beans

This is a city of storytellers. Writers, actors, musicians, even the cabbie who tells you the word "sex" is spelled out in the lights of the city — there are stories and the people who tell them everywhere you look.

In her award-winning novels and short stories, Lisa Moore has written beautifully about her hometown of St. John's — everything from describing the grit of a downtown alley in Alligator to her high school, Holy Heart of Mary, in her latest book, Flannery.

"I tend to write about the places I've been in a day and what I'm seeing," she says outside Fixed Coffee + Baking on Duckworth Street, a popular spot for actors, musicians and writers to fuel their creativity.

"I like to be in public places and capture how people shift and move and the expressions that come over their faces."

Walking down George St., the site of endless late-night stories, you'll hear the band at Rob Roy doing Springsteen, the fellas in Greensleeves belting out some Barenaked Ladies and the crowd over at O'Reilly's playing traditional music.

But keep walking if you want to catch local bands, such as Green and Gold, Fog Lake or Jonny and the Cowabungas playing at the bars tucked away in Holdsworth Court.

"It's a funny spot, it's not on George Street, technically," says Micah Brown, a musician and co-organizer of the Shed Island music festival held in August in St. John's. "If you didn't know it was there, you'd walk right past it, but on any given night there are a couple hundred people up in those bars listening to music."

But if you want to get "screeched-in" that is, kiss a cod and take a shot of rum,



It's a great place for research, but don't tell anyone.

Lisa Moore, author



The sun sets on George Street, but the live music plays on right through the night. CONTRIBUTED

you'll have to head to a bar on George Street.

"It's sort of like some consensual hazing. It's a fun tradition," explains Brown, a P.E.I. native who was screeched-in a few years ago.

"I like to think it started in a kitchen when somebody's cousin was visiting: 'Oh, Jeremy from Toronto is up here and if you wanna fit in, you gotta kiss a fish'."

Note that no Newfoundlander

actually kisses a fish. They just watch as mainlanders do.

St. John's singer-songwriter Joanna Barker, meanwhile, grew up hearing the remarkable story of her great-great-grandfather, Michael Power. He was born in Ireland and as a young man he committed a crime of some sort.

"It could have been a bar brawl, could have been murder. We don't know," says Barker. "What we do know is this story."

The story is he was sentenced to life and sent to Australia. But on the way over, there was a fierce storm and somehow, Power saved the captain's wife from drowning. He was rewarded with a pardon. "He escaped a life sentence in prison and started a new life on Bell Island, Nfld.," says Barker.

Wondering about "Jellybean Row?" As a youngster, Geoff Meeker and his buddies would get hassled by the tough kids

who lived in the rough houses in downtown St. John's.

Those tough kids have moved on, replaced by tourists taking pictures of the brightly painted houses on steep streets — known as "Jellybean Row."

The nickname started in the 1980s, a decade or so after a heritage group started buying up a few run-down Victorian houses downtown.

"They fixed one up and gave it nice trim and painted it bright colours and bought the house next to it and did the same thing," says Meeker, the proprietor of Jellybean Row Shop and Gallery on Duckworth St.

The bright colours hearken back to earlier days when people who lived in the houses would use up their leftover boat paint.

"Boat paint was bright so it would stand out in the water and what was left would go on the houses," says Meeker. "It just started spreading by itself, like a cold. Everyone started doing it." TORSTAR NEWS SERVICE

The writer was a guest of Newfoundland and Labrador Tourism, who did not pay for or approve this story.

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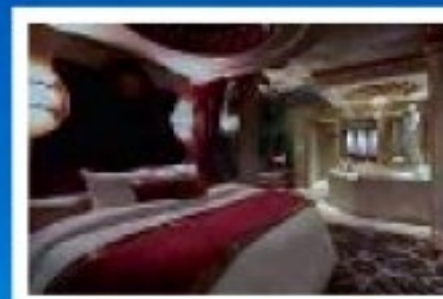


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OTTAWA

The Los Angeles Kings named Anze Kopitar their new captain Thursday, taking the job away from longtime captain Dustin Brown



MacDonald out for blood

UFC

Kelowna native in main event of Ottawa Fight Night

Rory (Red King) MacDonald's analysis of his UFC main event showdown Saturday night with Stephen (Wonderboy) Thompson managed to be both pithy and more than a little chilling.

"It's going to be a technical fight," the 26-year-old Canadian told reporters Thursday. "There will definitely be bloodshed."

MacDonald (18-3-0) knows of what he speaks. His last fight in July 2015 was a five-round blood-fest with 170-pound champion (Ruthless) Robbie Lawler that left the challenger looking like he had just put in a double-shift in a slaughterhouse.

His face was a bloody mask above a torso that resembled a crimson-spattered Jackson Pollock canvas. His nose was a far cry from what it had looked like just a half-hour previously. The battered champion, his lip sliced open like he had fallen into a table saw, didn't look much better.

Lawler eventually prevailed in what was deemed fight of the year.

MacDonald, ranked No. 1 among welterweight contenders,



Rory MacDonald, right, lost a bloody championship match to Robbie Lawler last July.

JOHN LOCHER/THE ASSOCIATED PRESS

10

The number of Canadians on the 13-fight card.

and No. 2 Thompson are friendly having spent time together some years ago when Thompson, a former world champion kickboxer, used to come to Montreal's Tristar Gym to help former

champion Georges St-Pierre prepare for his fights.

"It kind of sucks," Thompson said of fighting a friend.

MacDonald, a Kelowna native, was less warm and fuzzy.

"We've been friendly for years," he said. "But we're also competitors. Right now that takes precedent."

Or, as he put it another way: "I'm here to hurt this guy and take what's mine."

In the co-main event, light-

weight contender Donald (Cowboy) Cerrone makes his second foray into the welterweight ranks to face Montreal's Patrick (The Predator) Cote.

Cerrone, a thrill-seeker with a love for Budweiser, has enjoyed not having to deal with the stress of cutting weight. He said he ate his way around the Byward Market on Wednesday and planned to go bungee jumping after his workout Thursday.

THE CANADIAN PRESS

NBA FINALS

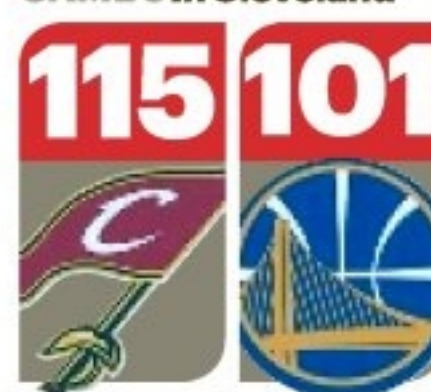
Cavs erase deficit and force Game 7

LeBron James had 41 points, 11 assists and eight rebounds and the Cleveland Cavaliers forced a Game 7 in the NBA Finals with a 115-101 victory over the Golden State Warriors on Thursday night.

James — who scored 18 straight points during one stretch — finished with 41 for the second straight game in another overpowering performance for the Cavs, who have come back to tie the best-of-seven series at 3-3. No team has ever come back from a 3-1 deficit in the NBA's championship round.

The Cavaliers can make history, and capture Cleveland's first pro sports championship in 52 years, with a victory in

GAME 6 In Cleveland



Oakland on Sunday.

Stephen Curry scored 30 points for the Warriors, but was ejected in the fourth quarter after picking up his sixth foul. Curry threw his mouth guard as he argued the call.

THE ASSOCIATED PRESS

IN BRIEF

Storms suspend first round of U.S. Open

Storms that took plenty of bite out of Oakmont wound up shutting down the U.S. Open on Thursday.

The first round was suspended for the third and final time just as 28-year-old qualifier Andrew Landry was finishing up a dream round. He was in the lead at 3 under par.

THE ASSOCIATED PRESS

Ranger has his no-hit bid broken up in ninth inning

Colby Lewis lost his no-hit bid for Texas in the ninth inning when Max Muncy opened with a double that glanced off right-fielder Nomar Mazara's glove Thursday in the Rangers' 5-1 victory over the Athletics in Oakland.

Lewis was perfect until walking Yonder Alonso in the eighth. THE ASSOCIATED PRESS



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Substitutes save Hodgson heartache

EURO 2016
GROUP STAGE

Pair of halftime changes score decisive goals for England

Five days after his substitutions failed to secure three points against Russia, England coach Roy Hodgson made no mistake with his halftime choices against Wales at the European Championship.

Hodgson, who has a reputation for being conservative in his tactics, finished Thursday's game with three forwards up

front, supported by Manchester United striker Wayne Rooney as a playmaker.

Two of those substitutes, Jamie Vardy and Daniel Sturridge, scored in a 2-1 comeback win that transforms England's campaign in Group B.

"We made the decision (on the substitutes) early. It was the right decision," Hodgson said.

"We were anxious to inject a little bit more tempo and pace into our game, and we were anxious to persuade the players to take a few more risks and to show more confidence in themselves," Hodgson said.

Trailing 1-0 after Gareth Bale again found the net with a long-range free kick, Hodgson replaced Harry Kane and Raheem



Daniel Sturridge scored the winner for England in the 92nd minute on Thursday in Lens, France. DAN MULLAN/GETTY IMAGES

Sterling at the break for Vardy and Sturridge.

Vardy equalized just 11 minutes later, and Sturridge won it in stoppage time.

Teenage striker Marcus Rashford also came in for Adam Lallana in the 73rd minute.

Vardy is coming off an astonishing season in which he helped Leicester defy 5,000-to-1 odds to become Premier League champions.

The boldness of Hodgson's decisions contrasted with Saturday's 1-1 draw with Russia.

Then, he waited till the 78th minute to replace Rooney with Jack Wilshire, and until the 87th to send on James Milner for Sterling. Leading 1-0 at the time, England conceded a stoppage time equalizer to the Russians.

In Saint-Denis, Germany and Poland played out the first goalless draw of the Euros in a four match at the Stade de France.

And in Lyon, Northern Ireland won its first game on Thursday, 2-0 over Ukraine.

Northern Ireland's victory — its first in a major competition in 34 years — combined with the later 0-0 draw, left Ukraine unable to advance from Group C.

Building on a strong finish to the first half, centre back Gareth McAuley put Northern Ireland

ahead on a header from an Oliver Norwood free kick in the 49th. Substitute Niall McGinn added the second deep in stoppage time.

The win, which followed a 1-0 defeat to Poland in its first game, is Northern Ireland's first since beating host Spain in the 1982 World Cup. It also means the team has a good chance of qualifying for the knockout stage.

"It has been a long time," the 36-year-old McAuley said. "We talked about leaving a legacy from this tournament. A few years down the line when I am finished and I look back on it, it will be extra special. It's just sinking in, and now it means staying in the tournament."

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Ingredients

- 1 cup spelt flour
- 1 cup oat flour
- 2 tsps baking powder
- 1/2 tsp baking soda
- 2 Tbsps brown sugar
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp salt
- 1 cup buttermilk
- 1 cup milk
- 1 egg
- 1/4 cup applesauce
- 2 Tbsps butter, melted
- 1 tsp vanilla extract
- 1 Gala apple, peeled and thinly sliced
- 2 Tbsps butter
- 1 Tbsps brown sugar
- 1/2 tsp cinnamon

Directions

1. In a bowl, whisk flours, baking powder, soda, brown sugar, cinnamon, nutmeg and salt. In a separate bowl, whisk milk, buttermilk, egg, applesauce, butter and vanilla extract. Combine wet ingredients into flour mixture and stir. Let batter rest in refrigerator a few minutes.

2. Add a tablespoon of butter into a skillet over medium heat. Allow to melt and for pan to get hot. Working in batches, ladle batter into skillet and cook pancakes until bubbles appear on surface. Flip and cook another minute or two. Remove pancakes and keep warm in the oven. Repeat until you've used up the batter.

4. In a separate skillet, melt the butter over medium-low heat and mix in sugar. Add apples and sprinkle with cinnamon. Cook until apples are tender crisp, about 4 minutes. Serve the apple mixture over warm pancakes.

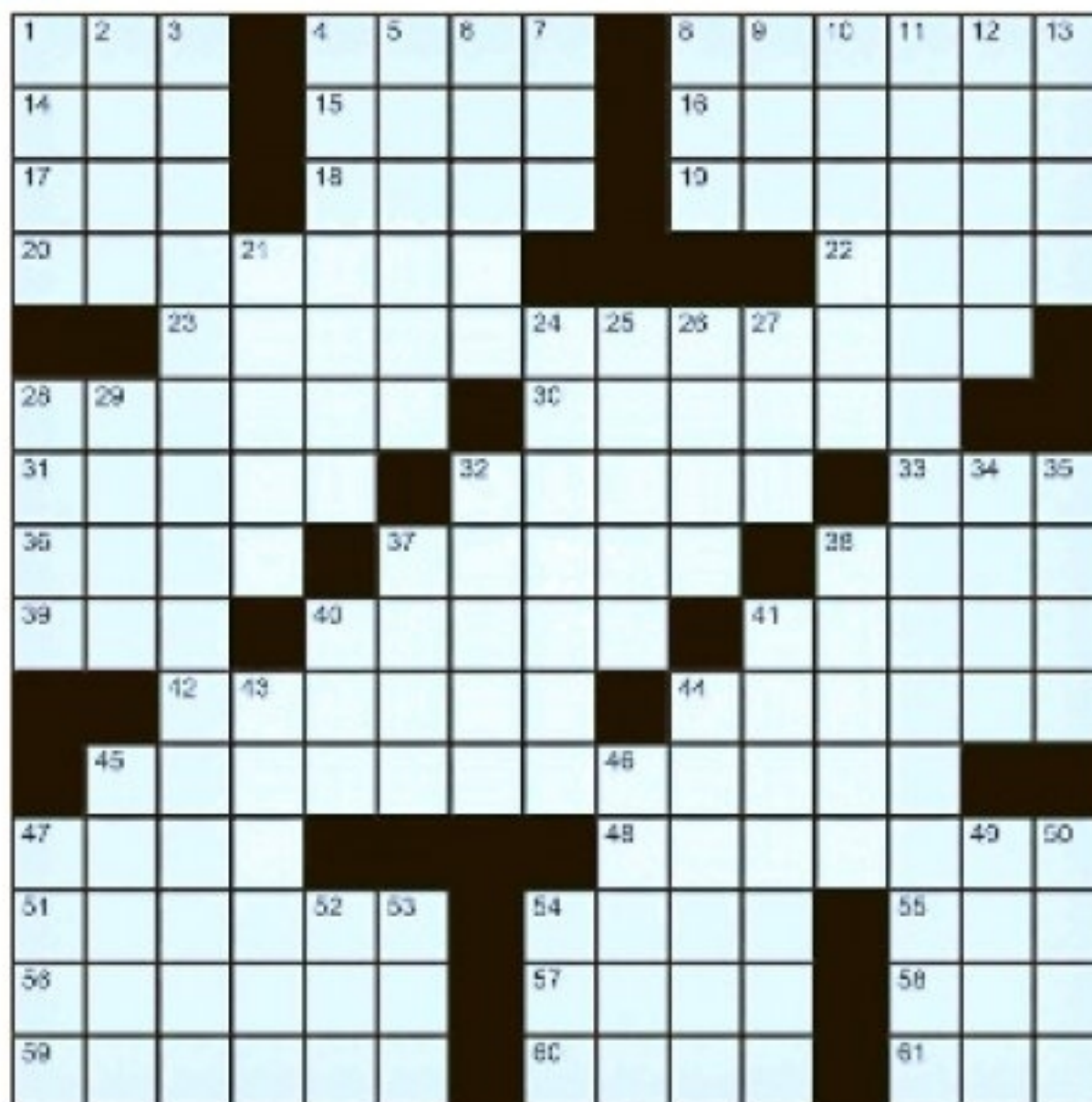
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ACROSS

1. DreamWorks ____
4. Bullfighter's cloak
8. Deepnesses
14. Jeff Lynne's gr.
15. Detail
16. Mr. Keitel
17. "Those details are a bit over the top for my ears!"
18. Canuck politician
19. Byword
20. Guts
22. Cleveland basketballers, briefly
23. R. Buckminster Fuller's architectural design for the U.S. Pavilion at Expo 67 in Montreal: 2 wds.
28. Lake edges
30. Principal dancer at the Paris Opera Ballet
31. Attach: 2 wds.
32. "Mr. Dress-up" puppet
33. ____Fi
36. Roads, e.g.
37. Canada's highest mountain
38. Fantastic, in slang
39. Oui, in English
40. Really on trend: 2 wds.
41. Barbarians
42. Sounded off
44. ____ House (Manitoba community originally an HBC trading post)
45. Made-in-England for Canada... John Atkinson, the manufacturer of the Hudson's Bay iconic Point Blanket, is a brand of what since-1783 British textiles company?: initials + surname



47. Amer./Brit./Canuck rock supergr.
48. Fugitive's refuge
51. "Doogie ____ M.D."
54. Business: 'Big Board', briefly
55. Barn abode
56. "Seinfeld" role
57. Baltic Sea feeder

58. Faucet
59. Car maker
60. Rock's rug
61. "Murder, ____ Wrote"

DOWN

1. Son of Ramses I
2. ____H, I, J, ____P, ____Q, P...

3. Not following the crowd: 4 wds.
4. French car manufacturer
5. Conflicting: 2 wds.
6. As such: 2 wds.
7. Ms. Adams
8. "Splash" (1984) actress ____her initials-

9. 'Arbor' suffix
10. "A Whiter Shade of Pale" by ____Harum
11. Monty Hall of Winnipeg and Alex Trebek of Sudbury, e.g.: 4 wds.
12. Raise
13. Thesaurus en-

- tries, briefly
21. Houston's former hockey team
24. Neptune and Poseidon: 2 wds.
25. "Where ____" by Beck
26. Hollywood's Ethan or Joel
27. Handyman's letters
28. ____ or neuter
29. Honeymaker's home
32. Canadian poet/songwriter Leonard
34. Fashion model Ms. Delevingne
35. ____bitsy
37. Ms. Anderson
38. Door: French
40. "Chandelier" singer
41. Boundaries
43. Rehabilitation component, commonly
44. Rackets
45. Embarking on ____ career (Band member's undertaking)
46. "____ Fools Fall in Love" by Frankie Lyman & The Teenagers
47. Country legend Mr. Atkins
49. Beehive State
50. Sort
52. Lord of the Rings being
53. Actor Stephen
54. Montreal 'name'

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Avoid important discussions about politics, religion or racial issues, because you're not in the right frame of mind for this. Someone can make you doubt your beliefs. (This is temporary.)

Taurus April 21 - May 21
This is a poor day to discuss inheritances, shared property or details about insurance matters, because there might be confusion, or even deceit. Certainly, there is hesitation.

Gemini May 22 - June 21
Avoid important discussions with partners and close friends, because even ordinary life details are confusing today. Someone might discourage you. Just accept this for today.

Cancer June 22 - July 23
Don't make a big issue about anything at work today. Everyone, including you, is doing the best he or she can. But today, anybody's best is not enough.

Leo July 24 - Aug. 23
Romance might disappoint you today. Something you thought was solid now looks shaky! Don't get your belly in a rash. This is a shaky day for everyone.

Virgo Aug. 24 - Sept. 23
Things that you thought were solid and dependable at home now look uncertain. Don't worry, because this shaky time is temporary. Hold your ground.

Libra Sept. 24 - Oct. 23
Quite likely, you have feelings of self doubt today. You might question your ability to do something. Don't worry — this feeling is temporary. (Millions feel this way today.)

Scorpio Oct. 24 - Nov. 22
Avoid important financial decisions, because you might not have all the facts, or you're confused about what you hear and see. Easy does it. It's temporary.

Sagittarius Nov. 23 - Dec. 21
Today your objectives are unclear; this is a fact. You might even feel incapable of coping with ordinary tasks. Don't worry, because this is par for the course today. Chill out.

Capricorn Dec. 22 - Jan. 20
You might have a crisis of confidence today. Where you once felt strong, suddenly you're not so sure. Don't worry, because this is a fleeting dark cloud on your horizon. Trust me.

Aquarius Jan. 21 - Feb. 19
Don't take it personally if a friend disappoints you today. (This person might be disappointed in you as well.) Basically, lots of people are disappointed today — it is what it is.

Pisces Feb. 20 - March 20
This is a poor day for important discussions with bosses, parents, teachers and VIPs. You won't make a good impression. (The joke is that they are confused too! Go figure.)

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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